



# Connection

*"Learning, Leading, Serving"*

Inside this issue:

- Schedule of Events
- Registration
- Seminars
- UK Corner

## *A Note from the President...*

Dear KEHA friends,

We were hoping to get back to some sense of normalcy in 2021 and especially in 2022 but COVID-19 didn't let that happen, did it? We continued to meet via Zoom, outdoors when weather permitted, and indoors with safety precautions in place. I know in my club we are taking things month by month depending on how high the numbers are at the time. One month we feel safe to resume most activities and then the next we are back to postponing meetings. But we all know that KEHA members are resilient, and we find ways to make things happen, even if they look a little bit different than usual.

It was so exciting to have an in-person State Meeting in late June even though we had to limit attendance as well as do some things a little differently. It was great to see everyone's smiling faces and hear all the laughter in the hallways. Then, four weeks later, we pulled off a very successful NVON Conference, which got rave reviews from the NVON Board and the participants.

We were cruising along thinking that finally, things would return to normal. We planned Area meetings and other events. Some Area meetings were canceled out of precaution, but others went on as planned. I traveled to several Area meetings and met KEHA friends and heard great speakers. Life was getting back to normal. Then along came the omicron variant when we were trying to plan our Fall Board Meeting. Back to the drawing board. I am pleased that we were able to have a modified in-person Fall Board Meeting with safety measures in place. Some of the preliminary meetings were held virtually but at least we were able to conduct business in person and see everyone. It was a great meeting.

As I write this, we are trying to plan our Spring Board meeting to make it as safe as possible. We are also deep in the planning for our 2022 State Meeting. We learned some things with the 2021 State Meeting that we will probably implement going forward so please know that we are planning to make it safe for all to attend. While we don't know how long this pandemic will last, we will probably face a "new normal" for the future.

With COVID-19 affecting club, county, area, and state meetings we expected to lose members and that is also happening in other states. But I am thrilled to report our current membership is now up slightly to 10,879 which is still the largest membership in all the nine NVON states! We must be innovative in our approach to retaining current members and bringing in new members. I encourage and challenge each of you to step up and offer your leadership skills at your club, county, area, and state levels. The nominating committee will be reaching out to you. We will be electing a President, Secretary, 4-H Youth Development Chairman, and Management and Safety Chairman at the State Meeting this year, so please consider submitting your credentials for these offices. You will make so many friends and gain great fulfillment in serving KEHA.

I really look forward to seeing you all in the coming year. Please take care and stay safe and healthy!

*Karen Hill, KEHA President*



## **KEHA State Meeting May 10-12, 2022**

Owensboro Convention Center  
Owensboro, Kentucky

**"KEHA, WE'VE GOT YOU COVERED"** – What a theme for our 2022 KEHA State Meeting in Owensboro! We are all looking forward to the first regular in-person meeting in three years with excitement and joy.

The Licking River Area is hosting this year and they are "covering" all the bases to make this year's State Meeting enjoyable, memorable, and a meeting we will not soon forget. The three-day agenda is packed with wonderful learning sessions and craft classes sure to "cover" a wide number of topics and hands-on activities. There will definitely be something for everyone!

Make plans to attend the Tuesday night opening banquet where we will be motivated and inspired by Jason Koger's story of leaning on his faith to overcome insurmountable obstacles. Please wear your shades of blue to represent the blue skies over the covered bridges. Let's have a BLUE OUT!

The KEHA Choir will be back and they will perform for us on Wednesday night at the General Session. We are so excited to hear those lovely voices raised in song again.

The Quilt Square showcase and auction is returning this year!!! I hope everyone is working on their 12-inch quilt square for the Quilt Square Auction. The Quilt Square auction is always a fan favorite. Also, please do not forget about the KEHA Showcase. Each area can have up to two displays. Please send your form by March 15 to me at 1801 Little Creek Rd., Jackson, Ky 41339, (hsheffel@gmailcom).

Don't forget to send in your registration now! You will not want to miss our first regular in-person meeting in three years.

*Henrietta Sheffel, 1st Vice President*

## 2022 KEHA STATE MEETING Lodging Information



May 10-12, 2022

Owensboro Convention Center  
Owensboro, Kentucky

**Hampton Inn & Suites Downtown Waterfront**  
401 W. 2nd Street, Owensboro, Kentucky 42301  
270-685-2005 (reference the KEHA Conference)  
Standard Room \$129 + Tax (1-4 people)

**Holiday Inn Owensboro Riverfront**  
701 West First Street, Owensboro, KY 42301  
(270) 683-1111 (group code EXT for conference rate)  
Standard Room \$134 + Tax (1-4 people)

Links to the hotels are available on the KEHA website ([www.keha.org](http://www.keha.org)).

**Make your reservations by April 11, 2022 to secure the conference rate.**

## 2022 KEHA STATE BOARD ELECTIONS



The following positions are slated for election at the KEHA State Meeting:

- President
- Secretary
- 4-H Youth Development Chairman
- Management and Safety Chairman

All positions will serve from July 1, 2022 to June 30, 2025. The duties for these positions are outlined in the KEHA Bylaws and position descriptions are available in the State Board section of the KEHA website ([www.keha.org](http://www.keha.org)).

Nomination forms are located in the KEHA Manual, Appendix Section.

Credentials should be sent by certified mail to:

Judy Jackson,  
KEHA Secretary  
5770 Elliston-Mt. Zion Road  
Dry Ridge, KY 41035

Credentials must be postmarked by April 9, 2022 (30 days prior to the KEHA Annual Meeting).

### ORDER YOUR KEHA T-SHIRT

FRONT



BACK

This white t-shirt has blue 3-quarter length sleeves with KEHA logo on the front and the State Meeting logo, "KEHA, We've Got You Covered" on the back.

It comes in sizes S, M, L, XL, XXL, XXXL and XXXXL.

Cost of the shirt is \$15 no matter what size.

### COVID AND MASKING



*"The KEHA Executive Committee and Board continues to monitor health and safety recommendations. Providing a safe and impactful state meeting is important to us. Updates and details regarding health and safety precautions will be shared as the meeting date approaches. This may include a request or requirement to wear face masks and adjusted seating capacities and layouts in some spaces/sessions."*



## Cultural Arts Check-In Times

Tuesday, May 10

9:00 - 9:30 a.m.	Green River, Licking River
9:30 - 10:00 a.m.	Bluegrass, Louisville
10:00 - 10:30 a.m.	Northern KY, Fort Harrod
10:30 - 11:00 a.m.	Lincoln Trail, Lake Cumberland
11:00 - 11:30 a.m.	Pennyryle, Wilderness Trail, Mammoth Cave
11:30 - Noon	Purchase, Northeast, Quicksand

## Cultural Arts Check-Out

Wednesday, May 11 - 4:00-5:00 p.m.

Areas will be called out in the reverse  
order from check-in beginning at  
4:00 p.m. with last call at 5:00 p.m.



Questions? Contact Barb Seiter

KEHA Cultural Arts & Heritage Chairman  
seiterrbarbara@yahoo.com

*\*All times listed are Central Daylight Time*

## 2022 KEHA Quilt Square Showcase and Auction



The KEHA Quilt Square Showcase and Auction is back for the seventh year at the KEHA State Meeting. Anyone wishing to participate should make a 12-inch finished quilt square. (Finished means piece the square, put in the batting, put on backing and finish the edges just like you would a complete quilt. Finished applique squares are also eligible.) This special showcase is an opportunity to highlight quality work from KEHA members across the state. As you prepare your quilt square(s), consider designs that you would want to purchase. Bring the 12-inch finished square(s) to the KEHA State Meeting in Owensboro. Please write your name and county on a small slip of paper and attach to the back of the square.

If you are unable to attend the KEHA State Meeting, please feel free to send your square(s) with another KEHA member. If you have any questions, please contact Henrietta Sheffel, KEHA 1st Vice President, hsheffel@gmail.com or 606-272-0193.

## MARCH 1 KEHA DEADLINES

KEHA has several deadlines upcoming on March 1. Please review below. Check the KEHA Manual at [www.keha.org](http://www.keha.org) for requirements, and be sure to submit your entries!



- Creative Writing (Poetry, Memoirs, Short Story) - **KEHA Handbook, pages 37-39** - Due to Barbara Seiter, Cultural Arts & Heritage, 8669 Valley Circle Drive, Florence, KY 41042, [seiterbarbara@yahoo.com](mailto:seiterbarbara@yahoo.com)
- Adopt-A-Highway Awards - **KEHA Handbook, page 49** - Due to Linda Padgett, Environment, Housing & Energy Chairman, 11307 Lakeview Drive, Union, KY 41091, [padgettky@gmail.com](mailto:padgettky@gmail.com)
- Nurturing Families Contest - **KEHA Handbook, page 55** - Due to Dottie Crouch, Family & Individual Development Chairman, 8851 Highway 55, Campbellsburg, KY 40011, [bodotcr@yahoo.com](mailto:bodotcr@yahoo.com)
- Food, Nutrition and Health Awards: Ovarian Cancer Fundraising Contest and Promoting a Healthy KY Contest - **KEHA Handbook, page 60** - Due to Sharon Fields, Food, Nutrition & Health Chairman, 216 Cedarwood Drive, Greenup, KY 41144, [scrawford@kih.net](mailto:scrawford@kih.net)
- Homemakers Support 4-H (four award categories) - **KEHA Handbook, pages 64-65** - Due to Cathy Kunkel-Mains, 4-H Youth Development Chairman, 13127 Madison Pike, Morning View, KY 41063, [cakuma50@gmail.com](mailto:cakuma50@gmail.com)
- International Contest and Awards - **KEHA Handbook, page 73** - Due to Marilyn Watson, International Chairman, 2286 Melwood Drive, Henderson, KY 42420, [MJMW1315@twc.com](mailto:MJMW1315@twc.com)
- Community Volunteerism Awards - **KEHA Handbook, page 88** - Due to Ann Porter, Leadership Development Chairman, P.O. Box 88, Washington, KY 41096, [annporter42@gmail.com](mailto:annporter42@gmail.com)
- Evans/Hansen/Weldon Scholarship - **KEHA Handbook, pages 94-98**. Due to Ann Porter, Leadership Development Chairman, P.O. Box 88, Washington, KY 41096, [annporter42@gmail.com](mailto:annporter42@gmail.com)
- KEHA Homemaker Member Scholarship - **KEHA Manual Handbook, pages 99-102**. Due to Ann Porter, address listed above.
- **KEHA Development Grants** - KEHA Manual, **KEHA Handbook section, pages 107-111**, and on the KEHA website under "**Member Resources**." Due to Julie Hook, KEHA 2nd Vice President, 74 County Road 1021, Cunningham, KY 42035, [julie.hook@carlisle.kyschools.us](mailto:julie.hook@carlisle.kyschools.us)
- **KEHA Mini-Grants for Study or Research** - KEHA Manual, **Handbook section, pages 104-106**, and on the KEHA website under "**Member Resources**." Due to Julie Hook, address listed above.

# 2022 KEHA ANNUAL STATE MEETING CONFERENCE AGENDA

Owensboro Convention Center, Owensboro, Kentucky  
(Times listed are Central Daylight Time)



## TUESDAY, MAY 10

8:00 a.m. - 10:30 a.m.	Trade Show Set-Up Silent Auction and Basket Raffle Set Up KEHA Showcase Set-Up	Exhibit Hall 1 Exhibit Hall 1 Exhibit Hall 1
9:00 a.m. - 12:00 p.m.	Cultural Arts Check-In [Times assigned for each area]	Exhibit Hall 2
9:00 a.m. - 5:00 p.m.	Registration & Voting Delegate Sign-In	Registration 2 & 3
9:00 a.m. - 12:00 p.m.	Quilt Square Showcase & Auction - Check-In	Lower Lobby 3
10:30 a.m. - 11:30 a.m.	Hands-On Creative Classes - Session 1	
10:30 a.m. - 5:30 p.m.	Trade Show KEHA Merchandise Store Basket Raffle, Silent Auction and KEHA Showcase Quilt Square Showcase & Auction - Viewing and Bidding	Exhibit Hall 1 Exhibit Hall 1 Exhibit Hall 1 Lower Lobby 3
12:00 p.m. - 5:30 p.m.	Seminars - Session 1	
1:30 p.m. - 2:45 p.m.	Seminars - Session 2	
3:15 p.m. - 4:30 p.m.	Opening Banquet	West C-E

## WEDNESDAY, MAY 11

8:00 a.m. - 9:45 a.m.	Registration & Voting Delegate Sign-In	Registration 2 & 3
8:15 a.m. - 9:30 a.m.	Seminars - Session 3	
8:00 a.m. - 10:00 a.m.	Quilt Square Showcase & Auction - Viewing and Bidding Basket Raffle, Silent Auction and KEHA Showcase KEHA Merchandise Store	Lower Lobby 3 Exhibit Hall 1 Exhibit Hall 1
8:00 a.m. - 3:00 p.m.	Cultural Arts Viewing	Exhibit Hall 2
8:00 a.m. - 5:00 p.m.	Trade Show	Exhibit Hall 1
9:00 a.m. - 11:00 a.m.	FCS Agent Area Professional Development (required for all agents in attendance)	
10:00 a.m. - 11:30 a.m.	Business Meeting	West C-E
11:30 a.m. - 3:00 p.m.	Quilt Square Showcase & Auction - Viewing and Bidding Basket Raffle, Silent Auction and KEHA Showcase KEHA Merchandise Store	Lower Lobby 3 Exhibit Hall 1 Exhibit Hall 1
11:30 a.m. - 4:00 p.m.	Registration	Registration 2 & 3
11:45 a.m. - 1:30 p.m.	Master Farm Homemaker Guild Luncheon LUNCH ON YOUR OWN	Riverview Room
12:00 p.m. - 2:00 p.m.	FCS Agent Area Professional Development (required for all agents in attendance)	
1:30 p.m. - 2:45 p.m.	Seminars - Session 4	
2:00 p.m. - 3:30 p.m.	Master Farm Homemaker Guild Business Meeting	Riverview Room
3:30 p.m. - 4:30 p.m.	Hands-On Creative Classes - Session 2	
4:00 p.m. - 5:00 p.m.	Quilt Square Showcase & Auction - Pick-Up and Pay Silent Auction Pick-Up and Pay Pick Up KEHA Showcase Displays	Lower Lobby 3 Exhibit Hall 1 Exhibit Hall 1
4:00 p.m. - 5:00 p.m.	Cultural Arts Check-Out DINNER ON YOUR OWN	Exhibit Hall 2
7:00 p.m.	General Session with KEHA Choir Performance	West C-E

## THURSDAY, MAY 12

7:30 a.m. - 8:30 a.m.	Registration	Registration 3
8:00 a.m. - 9:15 a.m.	Officer Training Workshops	
9:45 a.m. - 11:00 a.m.	Educational Chairman Training Workshops	
11:30 a.m.	Awards Luncheon	West C-E



**KEHA STATE ANNUAL MEETING REGISTRATION FORM**  
**"KEHA, WE'VE GOT YOU COVERED" • May 10-12, 2022 • Owensboro, Kentucky**

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
 County \_\_\_\_\_ Special Diet \_\_\_\_\_  
 Phone ( ) \_\_\_\_\_ Email \_\_\_\_\_  
 Emergency Contact \_\_\_\_\_ Relationship \_\_\_\_\_ Phone # \_\_\_\_\_

**Check all that apply:**

\_\_\_ COUNTY PRESIDENT \_\_\_ AREA OFFICER \_\_\_ KEHA BOARD \_\_\_ MFH GUILD \_\_\_ AGENT \_\_\_ UK SPECIALIST \_\_\_ GUEST  
 1<sup>st</sup> TIME ATTENDEE -  YES  NO VOTING DELEGATE -  YES  NO

**Please check the Officer and Chairman trainings you plan to attend**

**Officer Trainings - Thursday, May 12 - 8:00 a.m. - 9:15 a.m.**

\_\_\_ President \_\_\_ Treasurer \_\_\_ Vice President \_\_\_ Secretary

**Educational Chairmen - Thursday, May 12 - 9:45 a.m. - 11:00 a.m.**

\_\_\_ Management & Safety \_\_\_ Food, Nutrition & Health \_\_\_ Leadership Development \_\_\_ Family & Individual Development  
 \_\_\_ Cultural Arts & Heritage \_\_\_ 4-H/Youth Development \_\_\_ International \_\_\_ Environment, Housing & Energy

**Please select your 1st, 2nd, and 3rd choices with a 1, 2, or 3 for each session**

**Seminars – Session 1 – Tuesday, May 10 1:30 p.m. – 2:45 p.m.**

- \_\_\_ Could Your Kitchen Pass A Food Safety Inspection? (Maximum: 60 attendees)
- \_\_\_ Hunger in Kentucky: Know More, Do More (Maximum: 35 attendees)
- \_\_\_ Derby Delights **(Cost \$10)** (Maximum: 40 attendees)
- \_\_\_ Paper Quilling **(Cost \$10)** (Maximum: 10 attendees)
- \_\_\_ Technology You Can Use: YouTube and Zoom (Maximum: 30 attendees)
- \_\_\_ Ribbon Pin Weaving with the Cardboard Flat Loom **(Cost \$5)** (Maximum: 45 attendees)
- \_\_\_ Food & Finance: Important Considerations for Disaster Preparedness & Response (Maximum: 60 attendees)
- \_\_\_ Bluegrass & Banjos **(Cost \$10)** (Maximum: 20 attendees) **at Bluegrass Museum** (short walk required)

**Seminars – Session 2 – Tuesday, May 10 3:15 p.m. – 4:30 p.m.**

- \_\_\_ Making the Most of Meals While Traveling (Maximum: 60 attendees)
- \_\_\_ Tricks of the Trade: Mindful Eating & Other Strategies to Manage Stress Eating & Savor Each Eating Experience (Maximum: 60 attendees)
- \_\_\_ Rural Mental Health & Farm Family Stress (Maximum: 30 attendees)
- \_\_\_ Entertaining Little Ones (Maximum: 35 attendees)
- \_\_\_ VSU Reporting Refresher (Maximum: 24 attendees)
- \_\_\_ Decorating Your Entire Home with Thrift Shop Finds (Maximum: 60 attendees)
- \_\_\_ Pin Weaving With Yarns **(Cost \$10)** Maximum: 30 attendees
- \_\_\_ Bluegrass & Banjos **(Cost \$10)** (Maximum: 20 attendees) **at Bluegrass Museum** (short walk required)
- \_\_\_ Plate It Up KY Proud Mobile Kitchen (Maximum: 30 attendees) **in Exhibit Hall**

**Seminars – Session 3 – Wednesday, May 11 8:15 a.m. – 9:30 a.m.**

- \_\_\_ Perfect Picnics (Maximum: 50 attendees)
- \_\_\_ Write I Right? (Maximum: 60 attendees)
- \_\_\_ Paper Quilling **(Cost \$10)** (Maximum: 10 attendees)
- \_\_\_ KEHA Leadership Academy (Maximum: 60 attendees)
- \_\_\_ Ceiling Fan Blade Santa **(COST \$10)** (Maximum: 20 attendees)
- \_\_\_ History of Aprons (Maximum: 35 attendees)
- \_\_\_ ACWW (Maximum: 30 attendees)
- \_\_\_ Move Your Way - Exercise for Everybody (Maximum: 60 attendees)
- \_\_\_ Plate It Up KY Proud Mobile Kitchen (Maximum: 30 attendees) **in Exhibit Hall**

**ATTENTION FCS AGENTS**

**Wednesday, May 11 9:00 a.m. - 11:00 a.m.**  
**& 12:00 p.m. - 2:00 p.m.**

\_\_\_ **AREA PROFESSIONAL DEVELOPMENT TRAINING**  
**FOR FCS AGENTS** (required for all agents in attendance)

*Please check if you are attending.*

**Seminars – Session 4 – Wednesday, May 11 1:30 p.m. – 2:45 p.m.**

- \_\_\_ Cherished Possessions: Estate Planning for Non-Titled Property (Maximum: 60 attendees)
- \_\_\_ Healthy Eating Around the World (Maximum: 60 attendees)
- \_\_\_ Voices of Elmwood (Maximum: 60 attendees)
- \_\_\_ Flocking for Fun and Money (Maximum: 60 attendees)
- \_\_\_ What in the World Is That? Asian Vegetables 101 (Maximum: 30 attendees)
- \_\_\_ Live, Work, Play, Pray: Making Faith Communities Healthy Spaces (Maximum: 30 attendees)
- \_\_\_ Bluegrass & Banjos **(Cost \$10)** (Maximum: 20 attendees) **at Bluegrass Museum** (short walk required)
- \_\_\_ Plate It Up KY Proud Mobile Kitchen (Maximum: 30 attendees) **in Exhibit Hall**
- \_\_\_ KEHA Choir Rehearsal (pre-registered choir members only)

*(Continued on other side...)*

**KEHA STATE ANNUAL MEETING REGISTRATION FORM - continued**  
**"KEHA, WE'VE GOT YOU COVERED!" - May 10-12, 2022 - Owensboro, Kentucky**

Name \_\_\_\_\_

**REGISTRATION FEES**

**Registration**

Full - **\$50.00** (postmarked on or before April 11) \$ \_\_\_\_\_  
 Full - **\$65.00** (postmarked between April 12-25) \$ \_\_\_\_\_  
 One Day - **\$30.00** (postmarked on or before April 11) **\$35.00** (postmarked between April 12-25) \$ \_\_\_\_\_  
 (indicate which day \_\_\_ Tuesday, May 10 \_\_\_ Wednesday, May 11 \_\_\_ Thursday, May 12)

**Meals**

Tuesday, May 10, Opening Banquet - **\$40** \$ \_\_\_\_\_  
 Wednesday, May 11, Master Farm Homemakers Guild Luncheon - **\$23.50** \$ \_\_\_\_\_  
 Thursday, May 12, Awards Luncheon - **\$30** \$ \_\_\_\_\_

**State Meeting Shirt**

Qty: \_\_\_\_\_ Size: \_\_\_ Small \_\_\_ Medium \_\_\_ Large \_\_\_ XL \_\_\_ XXL \_\_\_ XXXL \_\_\_ XXXXL @ **\$15** \$ \_\_\_\_\_

**Hands-On Session** (Please indicate 1st and 2nd choice for class time but pay only for 1st choice)

Snowman Measuring Stick	___ Tuesday	___ Wednesday	<b>\$10</b>	\$ _____
Rainbow Charm Bracelet	___ Tuesday	___ Wednesday	<b>\$10</b>	\$ _____
Snowman Lightbulb Ornament	___ Tuesday	___ Wednesday	<b>\$ 4</b>	\$ _____
Travel Kit	___ Tuesday	___ Wednesday	<b>\$10</b>	\$ _____
Red Work/Blue Work	___ Tuesday	___ Wednesday	<b>\$ 5</b>	\$ _____
Candlewicking	___ Tuesday	___ Wednesday	<b>\$ 8</b>	\$ _____
No Sew Quilt Block	___ Tuesday		<b>\$ 6</b>	\$ _____
Mason Jar Tissue Holder	___ Tuesday		<b>\$ 8</b>	\$ _____
Jr. Legal Pad Decorative Cover	___ Tuesday		<b>\$ 5</b>	\$ _____


**Learning Sessions Fees** (sign-up for seminar on reverse side of this form as well)

Derby Delights	___ Tuesday		<b>\$10</b>	\$ _____
Ribbon Pin Weaving	___ Tuesday		<b>\$ 5</b>	\$ _____
Pin Weaving with Yarns	___ Tuesday		<b>\$10</b>	\$ _____
Paper Quilling	___ Tuesday	___ Wednesday	<b>\$10</b>	\$ _____
Bluegrass & Banjos	___ Tuesday	___ Wednesday	<b>\$10</b>	\$ _____
Ceiling Fan Blades Santa		___ Wednesday	<b>\$10</b>	\$ _____

**KEHA Print** - Order your KEHA print via this registration for pick-up at state meeting. (Save \$6 shipping)  
 \_\_\_ number of prints ordered x **\$40.00** per print (\$37.74 for print plus \$2.26 sales tax) \$ \_\_\_\_\_

**Make checks payable to KEHA**

**OVERALL TOTAL** \$ \_\_\_\_\_



Mail by **April 11** for the discounted registration fee. Any registration with a USPS postmark after **April 25** will be returned. This is necessary to allow processing time.

**MAIL TO:**

**Harlene Welch**  
**KEHA Treasurer**  
**207 Fifth Street**  
**Cynthiana, KY 41031**

**FOR KEHA TREASURER USE ONLY:**

Date received: \_\_\_\_\_

Check number: \_\_\_\_\_

Amount Paid: \_\_\_\_\_

Balance Due: \_\_\_\_\_

Refund Due: \_\_\_\_\_

If you would like to receive an email confirmation of your registration and session enrollment check here  or enclose a self-addressed, stamped envelope with your registration.

# KEHA Hands-On Activities

**Tuesday, May 10 - 10:30 - 11:30 a.m. and Wednesday, May 11 - 3:30 - 4:30 p.m.**

(View color photos at [www.keha.org](http://www.keha.org))

## Snowman Measuring Stick

Cost: \$10.00 Class Limit: 25

This snowman measures snowfall up to 36 inches while bringing "snow" much cheer to your yard. No painting skills required to make this cute snowman measuring stick.



## Rainbow Charm Bracelet

Cost: \$10.00 Class Limit: 15

Bracelet is made with 5 charms & 6 beads (8mm) on a 7.5 inch cable silver chain. The bracelet can be adjusted to fit wrist size.

Instruction sheet will be provided along with personal instructions from instructor. All supplies are provided; however, tools to make bracelet are not included in the package but will be provided by teacher.



## Snowman Lightbulb Ornament

Cost: \$4.00 Class Limit: 15

This lightbulb snowman is easy to make and will look adorable on your Christmas tree. You will want to make lots of these for your friends and family. All supplies are furnished.



## No Sew Quilt Block

Cost: \$6.00 Class Limit: 10

No sewing skills needed to make this block. With some intermediate knowledge of sewing you can sew these blocks together to make a quilt of your own. **This Class is offered Tuesday, May 10 only.**



## Jr. Legal Pad Decorative Cover

Cost: \$5 Class Limit: 10

Want to learn how to spruce up your legal pads? Join Bath County Homemakers in creating this unique legal pad cover - decorations will be chosen by you! All supplies included. **This Class is offered Tuesday, May 10 only.**



## Travel Kit

Cost: \$10.00 Class Limit: 10

This is a travel kit made from a hand towel. This is a great class for new hand stitchers or for someone that is looking for a project to teach others to do hand stitching.



## Red Work/Blue Work

Cost: \$5.00 Class Limit: 20

Redwork or bluework uses only (red or blue) embroidery floss on white or unbleached fabric.

This little hands-on activity will allow you to learn or refresh embroidery stitches. The little cross stitch heart will include cross stitch, lazy daisy, stem or backstitch and French knots. It will be worked in a 4" embroidery hoop. The little piece could be incorporated in a pieced quilt project or wherever you could show off your skills. Great to work on when waiting for a doctor appointment, practices, traveling or watching TV. It is a good way to teach others and pass needlework skills on to others of all ages. Fee will cover the hoop, needle, pre-stamped fabric, embroidery needle and embroidery floss. If you want to bring your own scissors that would be great.



## Candlewicking

Cost: \$8 Class Limit: 10

Candlewicking is a colonial needlework art which is traditionally worked in white-on-white using cotton muslin. You will receive a complete kit for making a sachet or pin cushion while learning the candlewicking stitches. Handouts will also be given with additional patterns which you may transfer to your own cotton muslin along with illustrations of the stitches. We will also address a little of the history of this classic art.



## Mason Jar Tissue Holder

Cost: \$8 Class Limit: 12

Make your own homemade tissue holder from a mason jar! You will be able to embellish with flowers and rustic accents. This is so nice it could be used in any room, plus it would make a wonderful gift. **This Class is offered Tuesday, May 10 only.**



# **Educational Chairman Workshops**

**Thursday, May 12, 9:45 a.m. -11:00 a.m.**

## **MANAGEMENT & SAFETY**

### **A Bad Deal in Disguise: Types of Scams**

Join us to learn about the final year of our fraud-focused Management and Safety Program of Work and all that it entails. We will review the POW and discuss ways to promote management and safety in your area and county. Fraud can happen to anyone at any age. Learn how to avoid being a victim by recognizing common scams. Curriculum materials include publication, facilitator's guide, PowerPoint slides, participant activities, marketing tools, and evaluation. —*Elaine Stevens*

## **FOOD, NUTRITION & HEALTH**

If you are interested in Food, Nutrition and Health, make sure to attend this Chairman learning session. Anyone is welcome, FNH chairmen serving at any level are encouraged to join. We will be covering the 2022-2024 Program of Work and current contests. You will have handout materials to take back to your counties and get the latest updates on Ovarian Cancer efforts. The goal is for people to realize how their local counties and communities are different and have unique opportunities to promote healthy life choices.—*Sharon Fields*

## **LEADERSHIP DEVELOPMENT**

Are you a club, county or area Leadership Development Chair? Are you interested in leadership development and volunteer service? Attend this session to learn about the KEHA Leadership Development Program of Work and the Leadership Academy proposed for 2023. Learn tips and tricks for reporting volunteer service units, updates to the program, and the value of your volunteer time. Discuss the Leadership Academy application process and deadlines. Review opportunities for growing your leadership skills. Discuss the community volunteerism awards, and share how your projects may be eligible for recognition. —*Ann Porter*

## **FAMILY & INDIVIDUAL DEVELOPMENT**

The Chairman's training will review the program of work for the three years of 2022-2025. We will be reaching in versus reaching out and addressing self-care. Specifically, lessons and activities will focus on: Self-Care and Mental Health; Self-Care and Self-Indulgence; and Self-Care and Strengthening Family/Community. —*Dottie Crouch*

## **CULTURAL ARTS & HERITAGE**

**Elements of Principles of Design** - Whether it is a drawing, painting, photograph or even a scrapbook page, what makes this 2-Dimensional "Work of Art" visually pleasing? Why do we like what we see? The basic elements of art and design influence how we perceive objects. The Power Point lesson encourages discussion while outlining concepts used to objectively evaluate a drawing, painting or photograph. Participants will receive a handout with definitions. This lesson is part of the Cultural Arts Program of Work for 2022-2023. —*Barb Seiter*

## **4-H YOUTH DEVELOPMENT**

Moving forward in this present day of many, many, issues is a challenge that we all face, especially as we, Kentucky Homemakers, try to bring innovation to our efforts. The workshop will include a presentation by members of the winning 4-H Homemaker contest. Their innovative ideas will be presented by 4-H'ers and Homemakers who had a vision and carried it out. You will learn their motivations and outcomes that served each of them well in their communities. Each participant will be challenged to examine their motivation to move forward with projects in the face of many present day obstacles. "Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle." —*Cathy Kunkel-Mains*

## **INTERNATIONAL**

With a new year, we always look at remodel, replace, or updates. But the thing that remains the same is cultural diversity. The International Program of Work will be embracing the benefits of diversity, environment, and exchange. Come join us for this joyful journey. Did I mention handouts? Hope to see you. —*Marilyn Watson*

## **ENVIRONMENT, HOUSING & ENERGY**

Join us to learn about the new Environment, Housing and Energy Program of Work. We will introduce our new chair and advisor, review the new POW and discuss ways to promote Environment, Housing and Energy issues in your area and county. The new plan of work will be focused on indoor air quality. All housing, no matter the type, size, or age can have poor indoor air quality. Keep yourself and your family safe by learning to identify actions you can take to minimize the exposure to those hazards. —*Linda Padgett*



## KEHA Seminars – Session 1 Tuesday, May 10 - 1:30 - 2:45 p.m.

### COULD YOUR KITCHEN PASS A FOOD SAFETY INSPECTION

Through a series of vignettes and discussion, participants will be reminded or learn, basic food safety practices for the home kitchen. Vignettes include baking, grilling, food storing, and general cleaning.

Presenters: Diane Mason, Boone County Extension; Kathy Byrnes, Kenton County Extension

Minimum: 10

Maximum: 60



### HUNGER IN KENTUCKY: KNOW MORE, DO MORE

Hunger is an issue in every community across the Commonwealth – even if you don't notice. This session will provide materials for use with your local KEHA club or other community partners to learn about, identify, and act on food security issues in the community. The resource packet includes a participant workbook, facilitator's guide, and 13 stand-alone handouts for use with any group interested in lessening food insecurity.

Presenter: Martha Yount, KY NEP

Minimum: 10

Maximum: 35

### DERBY DELIGHTS

Explore the traditional dishes of the KY Derby and some new favorites. Sample dishes and get ideas for decorating and hosting a Derby Party. Everyone will leave with a recipe booklet of Derby Delights, and a take home surprise for all attendees. Tons of fun, food and door prizes will be awarded. **There will even be a Derby Hat Contest with a special prize awarded.**

Presenter: Julie Hook, KEHA 2<sup>nd</sup> Vice President

Minimum: 10

Maximum: 40

Cost: \$10

### PAPER QUILLING

For paper quilling, we will use different widths of paper to create a finished picture of flowers or other artwork.

Presenter: Judy Yeagher, Campbell County Extension

Minimum: 3

Maximum: 10

Cost: \$12



### TECHNOLOGY YOU CAN USE: YOUTUBE AND ZOOM

In this session we will explore a couple of online technologies that are available on desktops and mobile devices that you can use for learning and relationship building opportunities. Bring a laptop, tablet, or Wi-Fi-enabled phone for this hands-on session!

Presenter: Mindy McCulley, FCS Extension

Minimum: 8

Maximum: 30

### RIBBON PIN WEAVING WITH THE CARDBOARD FLAT LOOM

Pin weaving typically requires a small, hand-held frame to weave, resulting in a finished cloth or item. It has been the 2021 KEHA Cultural Arts Initiative with an emphasis on yarn. Using a Carboard Flat Loom, fusible interfacing, and glass-head pins, woven items can be formed from ribbons also. Through this lesson, participants will learn the Ribbon technique for Pin Weaving and make a small project. Examples of how Ribbon Pin Weaving can be used will be shown.

Presenter: Ruth Chowning, Bullitt County Extension

Minimum: 15

Maximum: 40

Cost: \$5

## KEHA Seminars – Session 1 Tuesday, May 10 - 1:30 - 2:45 p.m.

### FOOD & FINANCE: IMPORTANT CONSIDERATIONS FOR DISASTER PREPARATION AND RESPONSE

Since there is no way of knowing when a disaster may strike, it is best to prepare and plan now. Being prepared for anything makes situations easier and that is no different when it comes to disaster preparation. Rather than responding to a disaster or emergency without preparation, there are certain steps related to food and finances that can be made now in preparation and to make response easier to manage and less stressful. Join our session to learn about strategies for preparing financially for a disaster as well as choosing and storing food in preparation.

Presenters: Dr. Nichole Huff, Kelly May, Annhall Norris, and Dr. Heather Norman-Burgdolf, FCS Extension

Minimum: 5

Maximum: 60

### BLUEGRASS AND BANJOS

A history of Bluegrass via a viewing of instruments, sounds, demonstrations, videos, and a tour of the new Bluegrass Music Hall of Fame and Museum. **\*\*This session will take place at the Bluegrass Music Hall of Fame and Museum. Participants will meet in the lobby and take a short walk (one block) to the museum.**

Presenter: Bluegrass Museum staff

Minimum: 10

Maximum: 20

Cost: \$10



## KEHA Seminars – Session 2 Tuesday, May 10 - 3:15-4:30 p.m.

### MAKING THE MOST OF MEALS WHILE TRAVELING

For many, planning your next travel adventure can be just as enjoyable as the trip itself. It is fun to daydream where you will stay, how you will get there and what you will do when you arrive but what about the food you plan to eat during your travels? Research suggests meals and food items can take up to 25% of your travel budget. However, being strategic in planning, preparing and purchasing food on vacation to ensure we still have enticing, nutritious and cost-conscious meals can happen.

Presenter: Sally Mineer, Dr. Nichole Huff and Dr. Heather Norman Burgdolf, FCS Extension

Minimum: 15

Maximum: 60

### TRICKS OF THE TRADE: Mindful Eating & Other Strategies to Manage Stress Eating & Savor Each Eating Experience

This session will debut two new KEHA leader lessons about mindful eating and stress eating. You will learn about why comfort food is so comforting and mindful eating techniques for use during times of stress as well as everyday life. You will be guided through a mindful eating activity and build a tailored stress eating management toolkit.

Presenter: Dr. Courtney Luecking and Emily DeWitt, FCS Extension

Minimum: 25

Maximum: 60

### RURAL MENTAL HEALTH & FARM FAMILY STRESS

This session will describe Rural Mental Health Challenges and stressors unique to farm families. Additionally, the session will explain the impact of mental health challenges on the brain and nervous system. Lastly, presenters will discuss self-care and coping skills and how they can be used to handle mental health challenges and cope with stress.

Presenter: Dr. Paul Norrod and Laura Weddle, FCS Extension

Minimum: 5

Maximum: 30





## KEHA Seminars – Session 3 Wednesday, May 11 - 8:15 - 9:30 a.m.

### ACWW



Have you ever heard someone say the initials ACWW and you didn't have a clue what they were talking about? Well, come to this session and learn about the Associated Country Women of the World (ACWW) and all about the Kentucky Extension Homemakers affiliation with this organization.

Presenter: Leoni Mundelius, Lincoln County Homemakers  
Minimum: 5                      Maximum: 30

### MOVE YOUR WAY - EXERCISE FOR EVERYBODY

As we grow older, our bodies age with us. Healthy lifestyle habits, like regular exercise, can slow the aging process. This session focuses on non-impact exercises, specifically seated movements, to help improve balance, posture, muscular strength and ability to perform daily living activities that you can do from the safety of your own chair. Studies suggest that adding exercise to your daily routine will improve joint health, physical function, and emotional well-being.

Presenter: Dr. Natalie Jones, FCS Extension  
Minimum: 15                      Maximum: 60

### PLATE IT UP KENTUCKY PROUD MOBILE KITCHEN

Repeat Session. See page 10 for description.

Presenter: Liz Kingsland, FCS Extension  
Minimum: 20                      Maximum: 30

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## KEHA Seminars – Session 4 Wednesday, May 11 - 1:30 - 2:45 p.m.

### CHERISHED POSSESSIONS: ESTATE PLANNING FOR NON-TITLED PROPERTY

Distributing cherished possessions and other non-titled property is often overlooked when estate planning. In this session, learn ways to create a plan for distributing household items – from treasured heirlooms to closets full of clutter. The session will cover how to draft a plan, methods of distribution, establishing a fair distribution process between heirs, and strategies for communicating with loved ones about your decisions.

Presenter: Dr. Nichole Huff, FCS Extension  
Minimum: 5                      Maximum: 60

### HEALTHY EATING AROUND THE WORLD

We'll start with a fun, quick review of the new US Dietary Guidelines for Americans 2020 – 2025. Then we'll take off for a trip around the globe to see recommendations from other countries. Along the way we'll learn about new foods and ways of eating. As we arrive back in the US, we'll reflect on what we've learned and see how advice about a healthy diet is remarkably similar, no matter where we are on planet earth.

Presenters: Janet Mullins, Dr. Courtney Luecking, FCS Extension and Marilyn Watson, International Chairman  
Minimum: 15                      Maximum: 60



### VOICES OF ELMWOOD

For the past 14 years, Owensboro has entertained thousands with a theatrical presentation held each fall in the historic Elmwood Cemetery. Ten individuals from the past come to life with the assistance of talented researchers, script writers, costume makers, actors and production staff. This event has become so popular that tickets are sold out (close to one thousand) each fall and has appeared on KET. We hope you will attend this session and see why this project is so popular. We promise that you will be entertained by our "interesting" characters from the past.

Presenter: Sue Berry, Voices of Elmwood staff  
Minimum: 5                      Maximum: 60

### FLOCKING FOR FUN AND MONEY

Come learn fun and creative ways to raise money for Ovarian Cancer or any other project for which you need funds.

Presenter: Sharon Wood, Doris Shofner, Taylor County Homemakers; Ann Porter, Mason County Homemakers, Tara McCarty, Mason County Extension Assistant  
Minimum: 5                      Maximum: 60



### WHAT IN THE WORLD IS THAT? ASIAN VEGETABLES 101

Seeing unusual vegetables in your super-market or farmer's market but you don't know how to cook it? We'll show you how.

Presenter: Leoni Mundelius, Lincoln County Homemakers  
Minimum: 20                      Maximum: 30

### LIVE, WORK, PLAY, PRAY: MAKING FAITH COMMUNITIES HEALTHY SPACES

In many Kentucky counties, faith communities are the backbone and heartbeat of the community. With many people spending time within their faith communities weekly, it is important we think about what the faith community environment looks like to support a healthy lifestyle. During this session learn practical ways to make your faith communities spaces healthier places through policy, system, and environmental changes.

Presenter: Dr. Natalie Jones and Dr. Heather Norman-Burgdorf, FCS Extension  
Minimum: 15                      Maximum: 30

### BLUEGRASS AND BANJOS

Repeat Session. See page 9 for description.

Presenter: Bluegrass Museum staff  
Minimum: 10                      Maximum: 20                      Cost: \$10

### PLATE IT UP KENTUCKY PROUD MOBILE KITCHEN

Repeat Session. See page 10 for description.

Presenter: Liz Kingsland, FCS Extension  
Minimum: 20                      Maximum: 30

### KEHA CHOIR REHEARSAL

Are you a member of the KEHA Choir? Be sure to sign up for this rehearsal session. Members will receive details in advance of the state meeting. (Session only for pre-registered choir members).

Presenter: Wendy Hood, KEHA Choir Director and Mercer County Homemakers member  
Minimum: n/a                      Maximum: n/a

