



# Connection

*“Learning, Leading, Serving”*

Inside this issue:

- Schedule of Events
- Registration
- Seminars
- UK Corner

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

As the 2026 KEHA State Meeting approaches, I am filled with excitement and anticipation. I look forward to the State Meeting as a time of learning and connection. I encourage all attendees to bring paper and pen and be ready for a wonderful experience! The State Meeting offers so many things to those who attend. It is a chance to learn new skills that will help you and your fellow Homemakers make your clubs vibrant and exciting and relevant to the needs of people in your communities and counties.

Attendees will learn what clubs across the state are doing in their communities and counties to retain members and recruit new members. It is a great time to reconnect with old friends and to make lots of new friends. Please make the effort to talk to someone you don't know. You never know when you will make a lifelong friend. I know I have met some of my best friends at past KEHA State Meetings! You also never know what things you have in common and how you might help each other with ideas for programs and activities.

I want to commend all our Homemakers – they are the best people I know! In 2026, we have 10,840 members. Homemakers care about each other, support each other and are always ready to reach out and help a fellow Homemaker in time of need, whether it is personal issue or for help with a program or event or activity.

Register early and be ready to expand your knowledge about all things Homemakers. I know you will have a fun-filled State Meeting that brings you laughter and joy and a renewed sense of purpose. Bring your curiosity, your patience, your kindness, your commitment to lifelong learning, and your passion for Homemakers.

I can't wait to see you all soon!

*Sincerely,  
Henrietta Sheffel, KEHA President*



## **2026 KEHA State Meeting Hyatt Regency, Lexington, KY May 12-14, 2026**

“Hooray!! KEHA” is the theme of our 2026 KEHA State Meeting in Lexington! The Bluegrass Area is hosting this year's State Meeting, and they have formed an active team to help local, county, and area homemakers intercept new ideas from a winning meeting. The three-day agenda is full of exciting learning sessions and hands-on craft classes that include a wide number of game plans with interesting topics and activities. You'll find many ways to cheer on leadership, membership, and community service projects. Come prepared to score many new ideas!

Prepare your applause for Tuesday's surprise opening luncheon speaker, whose goal will be to boost our team spirit. Let us show our KEHA pride by wearing our colors of blue and yellow to the opening session. Let us show enthusiasm for our KEHA team! At both our opening luncheon and closing luncheon, we celebrate our team members who have shared time and talents – our award winners and volunteers. We are looking forward to celebrating their victories!

The KEHA Choir performance again will be the highlight of the General Session on Wednesday night. Everyone always enjoys the choir's musical talents. You don't want to miss the show. The Quilt Square showcase and auction will be a half-time activity again this year. Everyone will want to be working on the 12-inch squares, as the Quilt Square auction is sure to be a fan favorite. Please don't forget the KEHA Showcase. Each area can join the game by having up to two displays. In addition, state educational chairpeople and KEHA grant winners also can submit a showcase proposal. Send your entry form by March 15 to me so we can have room on the playing floor for your display.

Remember, hotels tend to be cold, so please bring a sweater or jacket for your comfort. And bring your checkbook for the auction, raffle, and vendors! You won't want to miss out on this exciting event. Send in your registration now and we will all go home winners. HOORAY FOR KEHA!!!

*Ann Porter, 1st Vice President*

### 2026 KEHA STATE MEETING LODGING INFORMATION



The 2026 KEHA State Meeting will take place May 12-14, 2026, at Hyatt Regency in Lexington. The lodging room blocks are now open for reservations!

#### Hyatt Regency Lexington

401 West High Street, Lexington, KY 40507

Room rate \$155.00 + tax (1-4 people per room)

Online Reservations: <https://www.hyatt.com/en-US/group-booking/LEXRL/G-KEH1>

Phone Reservations: 800-233-1234

(group code **G-KEH1** for conference rate)

**Make your reservations by April 13, 2026 to secure the conference rate.**

### STATE MEETING REGISTRATION REFUND POLICY

- Registrations are first-come, first-served once payment is received. The State Treasurer will continue to issue refunds for fee-based workshop registrations once they are full. Those who wish to attend workshops that include a fee are encouraged to submit their registrations quickly.
- Those who wish to cancel their entire registration will not receive a full refund. If it is canceled before the final registration deadline, half will be refunded. After the final registration deadline, no refunds will be issued.
- Registration may be transferred to another individual rather than canceling.

**Deadline reminders: Postmark April 13 for early registration and postmark April 28 for final registration deadline in 2026.**

### 2026 KEHA Quilt Square Showcase and Auction

The KEHA Quilt Square Showcase and Auction is back for the 11th 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 also are 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 Lexington. 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 Ann Porter, KEHA 1st Vice President, 606-584-2510

[annporter42@gmail.com](mailto:annporter42@gmail.com)

### Order Your KEHA Shirt

The KEHA Shirts are unisex Gildan heavy cotton tees. It has the KEHA logo on the front and the State Meeting logo on the back. It is Royal Blue in color and is available in all sizes from small to 5X for \$15 per shirt.



FRONT

BACK

### 2026 KEHA STATE BOARD ELECTIONS



The following positions are slated for election at the KEHA State Business Meeting. All positions will serve from July 1, 2026, to June 30, 2029. 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, pages 6-12 or online at <https://keha.mgcafe.uky.edu/2026-state-board-elections>

- **1st Vice President**
- **Treasurer**
- **Environment, Housing, and Energy Chairperson**
- **Food, Nutrition, and Health Chairperson**
- **Leadership Development Chairperson**
- **Marketing and Publicity Chairperson**

Credentials should be sent **by certified mail** to:

Barbara Seiter,  
KEHA Secretary  
8669 Valley Circle Drive  
Florence, KY 41042

Credentials via certified mail must be postmarked **by April 10, 2026** (30 days prior to the KEHA Annual Meeting).

## KEHA DEADLINES



**March 1 is the entry deadline for several KEHA contests, scholarships, and grants. All details and requirements can be found in the KEHA Manual at [www.keha.org](http://www.keha.org). Be sure to submit your entries on time and to the correct address/email. For questions regarding any of these opportunities, contact the officer or chair listed in the Manual.**

**KEHA Contests** - Entries are sent to the respective chairmen who oversee the contests, as noted in the [KEHA Manual](#). Contests include:

- **Creative Writing:** Poetry, Memoirs, Short Story (KEHA Manual pages 40-41) - Due to Cindy Moore, Cultural Arts & Heritage Chairperson, 2707 Sunnyside Road, Eminence, KY 40019, [cjrn1@bellsouth.net](mailto:cjrn1@bellsouth.net)
- **Adopt-A-Highway Awards** (page 54) - Due to Rhonella Chaffin, Environment, Housing & Energy Chairperson, P.O. Box 1057, Louisa, KY 41230, [rhonella61@yahoo.com](mailto:rhonella61@yahoo.com)
- **Food, Nutrition & Health Contests and Ovarian Cancer Fundraising** (page 64-65) - Due to Esther Bailey, Food, Nutrition, and Health Chairperson, 304 Somerset St., Stanford, KY 40484, [hadasah5@hotmail.com](mailto:hadasah5@hotmail.com)
- **Homemakers Support 4-H** (pages 69-70) – Due to Peggy Tracy, 4-H Youth Development Chairperson, 241 Bethlehem Road, Paris, KY 40361, [peggytracy@att.net](mailto:peggytracy@att.net)
- **International Contest and Awards** (page 76) - Due to: Tammy Alford, KEHA International Chairperson, 165 Oak Ridge Road, Morgantown, KY 42261, [tamalford@att.net](mailto:tamalford@att.net)
- **Community Volunteerism Awards** (page 91) – Due to Cyndy Humble, KEHA Leadership Development Chairperson, 1687 Tebbs Bend Road, Campbellsville, KY 42718, [HumbleC@msn.com](mailto:HumbleC@msn.com)
- **Family and Individual Development Contest** (page 58) - Due to Amelia Godfrey, Family and Individual Development Chairperson, 625 Main St. Apt. 102, Paintsville, KY 41240, [Meme6968@yahoo.com](mailto:Meme6968@yahoo.com)

**KEHA Grants**—KEHA offers two grant opportunities. Grant proposals/applications are due to KEHA 2nd Vice President Martha E. Colley, 204 Desert Inn Ct., Hopkinsville, KY 42240, [marthaky3@live.com](mailto:marthaky3@live.com).

- **KEHA Development Grants** provide areas and counties with the opportunity to obtain funding for projects. Applications must be submitted by KEHA members. The guidelines and application form are included in the KEHA Manual, Handbook section, pages 110-114, and on the KEHA website at [www.keha.org](http://www.keha.org). Applications must be sent by certified mail and postmarked by March 1.
- **KEHA Mini-Grants for Study or Research** may be submitted by KEHA members, FCS agents, or FCS specialists. These mini-grants are for up to \$500 for study or research. The guidelines and application form are included in the KEHA Manual, Handbook section, pages 107-109, and on the KEHA website at [www.keha.org](http://www.keha.org). Applications must be submitted by March 1.

**KEHA Scholarships** - KEHA provides two educational scholarship programs with applications due March 1. Send applications to the KEHA Leadership Development Chairperson Cyndy Humble, 1687 Tebbs Bend Road, Campbellsville, KY 42718, [HumbleC@msn.com](mailto:HumbleC@msn.com).

- **Evans/Hansen/Weldon Scholarship** is open to any full-time student attending a college or accredited undergraduate program in Kentucky and majoring in a Family and Consumer Sciences/Human Environment Science degree program. Details and the scholarship application are included in the KEHA Manual, Handbook section, pages 97-101 and at [www.keha.org](http://www.keha.org).
- **KEHA Homemaker Member Scholarship** is open to KEHA members with a minimum of 3 years of active membership. The scholarship may be to any college or university as well as for a trade or technical school. It is intended for students pursuing their first degree or certification. Details and the scholarship application are included in the KEHA Manual, Handbook section, pages 102-105 and at [www.keha.org](http://www.keha.org).

**Don't Miss the Deadline!**



### Cultural Arts Check-In Times

**Tuesday, May 12 - 8:30-11:00 AM ET**

CHECK-IN Time	KEHA AREA
8:30 AM ET	Bluegrass, Fort Harrod
9:00 AM ET	Licking River, Louisville, Northern KY
9:30 AM ET	Northeast, Quicksand, Wilderness Trail
10:00 AM ET	Lake Cumberland, Lincoln Trail, Mammoth Cave
10:30 AM ET	Green River, Pennyriple, Purchase

### Cultural Arts Check-Out



**Wednesday, May 13 - 4:00-5:00 PM ET**

CHECK-OUT	KEHA AREA
Opens at <b>4:00 PM ET</b> for these Areas	Green River, Lake Cumberland, Lincoln Trail, Mammoth Cave, Pennyriple, Purchase, Wilderness Trail
Opens at <b>4:30 PM ET</b> for these Areas	Bluegrass, Fort Harrod, Licking River, Louisville, Northeast, Northern Kentucky, Quicksand

- **Questions? Contact Cindy Moore at [cjrn1@bellsouth.net](mailto:cjrn1@bellsouth.net) or Jeanne Badgett at [jeanne.badgett@uky.edu](mailto:jeanne.badgett@uky.edu).**

2026 KEHA ANNUAL STATE MEETING – CONFERENCE AGENDA  
 HYATT REGENCY, LEXINGTON, KY  
 \*\*All times are Eastern Time\*\*



**MONDAY, MAY 11**

3:00 p - 6:00 p Set Up for: Trade Show, Cultural Arts, Silent Auction, Basket Raffle, & Showcase  
 5:00 p - 6:00 p Registration

**TUESDAY, MAY 12**

8:00 a - 10:30 a	Trade Show Set Up Basket Raffle & Silent Auction Check-In KEHA Showcase Set up	<i>Patterson Pre-Function Thoroughbred Pre-Function Regency Pre Function Lobby Patterson</i>
8:00 a - 5:00 p	Registration Voting Delegate Sign-in	<i>Thoroughbred Ballroom Lobby Breezeway</i>
8:30 a - 11:00 a	Cultural Arts Check-in [Times assigned for each area]	<i>Lobby</i>
8:30 a - 11:30 a	Quilt Square Auction – Check-in	<i>Henry Clay Boardroom</i>
9:00 a - 5:00 p	Quilts for Courageous Kids Collection Point	<i>Patterson Pre-Function</i>
9:30 a - 11:30 a	Leadership Academy Lounge (NEW!!! Q&A Time)	<i>Regency Pre-Function</i>
10:30 a - 5:30 p	Trade Show, KEHA Merchandise KEHA Showcase Basket Raffle & Silent Auction	<i>Thoroughbred Pre-Function <b>Patterson Ballroom</b></i>
<b>11:30 a - 1:30 p</b>	<b>OPENING LUNCHEON</b>	<i>Various</i>
1:45 p - 3:00 p	Seminars – Session 1	<i>Lobby Breezeway</i>
1:45 p - 5:30 p	Quilt Square Auction – Viewing and Bidding	<i>Various</i>
3:30 p - 4:45 p	Seminars – Session 2	<i>Various</i>
5:15 p - 6:15 p	Hands-on Creative Classes – Session 1 DINNER ON YOUR OWN	

**WEDNESDAY, MAY 13**

8:00 a - 9:45 a	Registration Voting Delegate Sign-In Quilt Square Auction – Viewing and Bidding Basket Raffle & Silent Auction	<i>Lobby Patterson Lobby Breezeway Thoroughbred Pre-Function</i>
8:00 a - 2:30 p	Cultural Arts Viewing	<i>Thoroughbred Ballroom</i>
8:00 a - 5:00 p	Trade Show & KEHA Merchandise KEHA Showcase	<i>Patterson Pre-Function Regency Pre-Function</i>
8:15 a - 9:30	Seminars - Session 3	<i>Various</i>
9:30 a - 12:00 p	Quilts for Courageous Kids Collection Point	<i>Lobby</i>
<b>10:00 a - 11:30 a</b>	<b>BUSINESS MEETING</b>	<i><b>Patterson Ballroom</b></i>
11:30 a - 1:15 p	Quilt Square Auction – Viewing and Bidding Basket Raffle & Silent Auction	<i>Lobby Breezeway Thoroughbred Pre-Function</i>
11:30 a - 1:30 p	VSU Lounge (NEW!!! Q&A Time)	<i>Henry Clay Boardroom</i>
11:30 a - 4:00 p	Registration	<i>Lobby</i>
<b>11:30 a - 1:15 p</b>	<b>MFHG LUNCHEON (separate registration)</b>	<i><b>Kentucky Room</b></i>
11:30 a - 1:30 p	LUNCH ON YOUR OWN	
1:30 p - 2:45 p	Seminars - Session 4	<i>Various</i>
1:30 p - 3:00 p	MFHG Business Meeting	<i>Kentucky Room</i>
3:15 p - 4:15 p	Hands-On Creative Classes - Session 2	<i>Various</i>
4:00 p - 5:00 p	Quilt Square Auction - Pick-Up and Pay Silent Auction Pick-Up and Pay KEHA Showcase Display Pick-Up	<i>Lobby Breezeway Thoroughbred Pre-Function Regency Pre-Function</i>
4:00 p - 5:00 p	Cultural Arts Check-Out [Times Assigned for Each Area]	<i>Thoroughbred Ballroom</i>
<b>5:00 p - 6:00 p</b>	<b>GENERAL SESSION with KEHA Choir Performance</b> DINNER ON YOUR OWN	<i><b>Patterson Ballroom</b></i>

**THURSDAY, MAY 14**

7:30 a - 8:30 a	Registration	<i>Lobby</i>
8:00 a - 9:15 a	Officer Training Workshops	<i>Various</i>
9:45 a - 11:00 a	Educational Chairman Training Workshops	<i>Various</i>
<b>11:30 a - 1:30 p</b>	<b>AWARDS LUNCHEON</b>	<i><b>Patterson Ballroom</b></i>

**2026 KEHA STATE MEETING REGISTRATION FORM**  
**"HOORAY!! KEHA" • May 12-14, 2026 • Lexington, Kentucky**

Name _____ Address _____ City _____ State _____ Zip Code _____ County _____ Area _____ Phone (____) _____ Email _____ <input type="checkbox"/> Check if you want an email confirmation. Emergency Contact _____ Relationship _____ Phone # _____	<p align="center"><b>Special Diet/Food Allergies</b></p> Check if you have dietary restrictions: <input type="checkbox"/> Nuts <input type="checkbox"/> Shellfish <input type="checkbox"/> Gluten-free <input type="checkbox"/> Dairy-free <input type="checkbox"/> Vegetarian <input type="checkbox"/> Vegan <b>NOTE:</b> We will do our best to accommodate the above dietary restrictions. If you have an additional dietary restriction you may list it below, however be aware that there is no guarantee of accommodation. Other: _____
---	---

**Check all that apply:**

- KEHA MEMBER     STATE BOARD     AGENT     UK SPECIALIST     GUEST  
 FIRST TIME ATTENDEE - YES  NO       VOTING DELEGATE - YES  NO

	Early-Bird Rate (By April 13)	Regular Registration (April 14-April 28)**
Full Conference Registration	\$170	\$205
2-Day Conference Registration	\$150	\$170
2-Day Includes Either Tuesday/Wednesday OR Wednesday/Thursday - Please check appropriate boxes below		

**MY REGISTRATION INCLUDES:**

\*\*Late registrations (April 29 or after) will NOT be accepted.

<input type="checkbox"/> Tuesday 5/12	<input type="checkbox"/> Wednesday 5/13	<input type="checkbox"/> Thursday 5/14
Check-In for Cultural Arts, Quilt Squares, Showcase, Raffle, and Auction Seminars—Session 1 & 2* Hands-On Creative Classes—Session 1* <input type="checkbox"/> Opening Luncheon (price included!) Check if attending lunch. Viewing of Cultural Arts, Showcase Bidding on Quilt Squares, Raffle, Auction Trade Show	Seminars—Session 3 & 4* Hands-On Creative Classes—Session 2* Viewing of Cultural Arts, Showcase Bidding on Quilt Squares, Raffle, Auction Trade Show Business Meeting Master Farm Homemaker Guild Luncheon and Meeting*** (separate registration) General Session with KEHA Choir	Officer Training Workshops Educational Chairperson Trainings <input type="checkbox"/> Awards Luncheon (price included!) <input type="checkbox"/> Check if attending lunch.  <div style="border: 1px solid gray; padding: 5px; background-color: #f0f0f0;"> <p><b>NOTE: Select specific sessions and classes on next page.</b>                          * = May include extra costs.</p> </div>

**FULL OR 2-DAY REGISTRATION** \$ \_\_\_\_\_  
**AMOUNT FROM SESSIONS, CRAFTS, SHIRTS LISTED ON PAGE 6** \$ \_\_\_\_\_  
 (MAKE CHECKS PAYABLE TO KEHA)      **GRAND TOTAL** \$ \_\_\_\_\_

\*\*\*NOTE: MASTER FARM HOMEMAKER GUILD LUNCHEON IS A SEPARATE REGISTRATION.  
 CONTACT Judy Rowland at [judithrowland64@gmail.com](mailto:judithrowland64@gmail.com)

**IMPORTANT NOTICE**

Mail by **April 13** for the discounted registration fee. Any registration with a USPS postmark after **April 28** will be returned. This is necessary to allow processing time.

**MAIL TO:**

**Patsy Kinman**  
**KEHA Treasurer**  
**310 Falmouth St.**  
**Williamstown, KY**  
**41097**

**FOR KEHA TREASURER USE ONLY:**

Date received: \_\_\_\_\_  
 Postmark Date: \_\_\_\_\_  
 Check number: \_\_\_\_\_  
 Name: \_\_\_\_\_  
 Amount Paid: \_\_\_\_\_  
 Balance Due: \_\_\_\_\_  
 Refund Due: \_\_\_\_\_

NO REGISTRATION REFUNDS WILL BE ISSUED AFTER APRIL 28 (SEE REFUND POLICY ON PAGE 2)

(Continued on other side...)

Name \_\_\_\_\_

PLEASE SELECT YOUR 1ST, 2ND, AND 3RD CHOICES WITH A 1, 2, or 3 FOR EACH SESSION AND CRAFT. ONLY PAY FOR YOUR 1ST CHOICE IF THERE IS A FEE.

**Tuesday, May 12 - SESSIONS**

- Seminars - Session 1 - 1:45 p.m. - 3:00 p.m. ET**
- \_\_\_ Colors of the Mountains: Exploring Appalachian Dyes (Maximum: 25 attendees) **Cost: \$5**
- \_\_\_ Starting a Book Club! How Do You Begin? (Maximum: 50 attendees)
- \_\_\_ Supporting Breastfeeding In Our Communities: Everyone Has a Role (Maximum: 54 attendees)
- \_\_\_ Leading With Understanding: The Power of Personality in Extension Leadership (Maximum: 75 attendees)
- \_\_\_ Block Party: Paint Your Own Mini Barn Quilt (Maximum: 20 attendees) **Cost: \$15**
- \_\_\_ Homemade, Healthy & Delicious (Maximum: 75 attendees)
- \_\_\_ Same Scams, New Tricks (Maximum: 75 attendees)
- \_\_\_ There's Strength in Every Story (Maximum: 42 attendees)
- \_\_\_ UK DOWNTOWN Studio Walking Tour (Maximum: 15 per tour)

- Seminars - Session 2 - 3:30 p.m. - 4:45 p.m. ET**
- \_\_\_ Award Winning Community Service Projects (Maximum: 60 attendees)
- \_\_\_ Colors of the Mountains: Exploring Appalachian Dyes (Maximum: 25 attendees) **Cost: \$5**
- \_\_\_ Leading With Understanding: The Power of Personality in Extension Leadership (Maximum: 75 attendees)
- \_\_\_ From Memories to Memoirs (Maximum: 30 attendees)
- \_\_\_ I Want to Weave a Basket - Where Do I Go? (Maximum: 42 attendees)
- \_\_\_ No Sew Upcycling T-Shirt Bag: Get Creative Without the Needle (Maximum: 25 attendees)
- \_\_\_ Understanding AI (Artificial Intelligence) (Maximum: 75 Attendees)
- \_\_\_ Backyard Gardening for Butterflies, Birds, and Bees (Maximum: 75 Attendees)
- \_\_\_ UK DOWNTOWN Studio Walking Tour (Maximum: 15 per tour)

**Wednesday, May 13 - SESSIONS**

- Seminars - Session 3 - 8:15 a.m. - 9:30 a.m. ET**
- \_\_\_ Understanding AI (Artificial Intelligence) (Maximum: 75 attendees)
- \_\_\_ KEHA History And Reflections (Maximum: 60 attendees)
- \_\_\_ The Wool Story: A Complete Journey From Shearing to Stitching and Fleece to Fashion (Maximum: 30 Attendees) **Cost: \$5**
- \_\_\_ Gardening Safely (Maximum: 53 attendees)
- \_\_\_ Volunteerism 2026: Preparing for a New Breed of Volunteer (Maximum: 75 attendees)
- \_\_\_ Eat Well, Live Well: The Mediterranean Diet Approach (Maximum: 75 attendees)
- \_\_\_ Block Party: Paint Your Own Mini Barn Quilt (Maximum: 20 attendees) **Cost: \$15**
- \_\_\_ Disasters Don't Stand a Chance: A Preparedness Game (Maximum: 32 attendees)
- \_\_\_ UK DOWNTOWN Studio Walking Tour (Maximum: 15 per tour)

- Seminars - Session 4 - 1:30 p.m. - 2:45 p.m. ET**
- \_\_\_ Prepared for Whatever the Season Might Bring: A Home Preparation Guide (Maximum: 54 attendees)
- \_\_\_ Somewhere Over the Rainbow: Interpreting the Wizard of Oz (Maximum: 75 attendees)
- \_\_\_ The Basics of Sourdough (Maximum: 75 attendees) **Cost: \$10**
- \_\_\_ Special Gifts for Special People (Maximum: 65 attendees) **Cost: \$8**
- \_\_\_ Parli Like a Pro: Tips for Meeting Participants (Maximum: 42 attendees)
- \_\_\_ Time Well Spent (Maximum: 60 attendees)
- \_\_\_ CASA Advocacy and Kentucky's Children (Maximum: 30 attendees)
- \_\_\_ UK DOWNTOWN Studio Walking Tour (Maximum: 15 per tour)
- \_\_\_ KEHA Choir Rehearsal (pre-registered choir members only)
- \_\_\_ Master Farm Homemakers Guild Meeting

**Tuesday, May 12 - CRAFTS**

- Hands-On Crafts Session 1 - 5:15 p.m. - 6:15 p.m. ET**
- \_\_\_ Fun Folded Birthday Cards (Max 30) **\$10**
- \_\_\_ Starburst Cardboard Craft (Max 35) **\$5**
- \_\_\_ Denim Flower (Max 30) **\$5**
- \_\_\_ Spice It Up! (Max 30) **FREE**
- \_\_\_ Flower Pin Cushion (Max 20) **\$5**
- \_\_\_ Felt Flag Flower (Max 30) **\$5**
- \_\_\_ Patriotic Pin (Max 20) **\$5**
- \_\_\_ Holiday Ornaments - Snowflake/Reindeer (20) **\$12**

**Wednesday, May 13 - CRAFTS**

- Hands-On Crafts Session 2 - 3:15 p.m. - 4:15 p.m. ET**
- \_\_\_ Fun Folded Birthday Cards (Max 30) **\$10**
- \_\_\_ Starburst Cardboard Craft (Max 35) **\$5**
- \_\_\_ Denim Flower (Max 30) **\$5**
- \_\_\_ Spice It Up! (Max 30) **FREE**
- \_\_\_ Flower Pin Cushion (Max 20) **\$5**
- \_\_\_ Felt Flag Flower (Max 30) **\$5**
- \_\_\_ Patriotic Pin (Max 20) **\$5**
- \_\_\_ Basket with Beaded Rim (Max 20) **\$25**

**Thursday, May 14 - TRAININGS**

**Please check the Officer and Chairperson trainings you plan to attend. NOTE:** All who are registered are welcome to attend. Learn what it means to lead!

- Officer Trainings - 8:00 a.m. - 9:15 a.m. ET**
- \_\_\_ President \_\_\_\_\_ Vice President
- \_\_\_ Secretary \_\_\_\_\_ Treasurer

- Educational Chairperson Trainings - 9:45 a.m. - 11:00 a.m. ET**
- \_\_\_ Management & Safety \_\_\_\_\_ Food, Nutrition & Health
- \_\_\_ Leadership Development \_\_\_\_\_ International
- \_\_\_ Cultural Arts & Heritage \_\_\_\_\_ 4-H Youth Development
- \_\_\_ Environment, Housing & Energy \_\_\_\_\_
- \_\_\_ Family & Individual Development \_\_\_\_\_

**STATE MEETING SHIRT \$15 EACH**

Qty: \_\_\_\_\_ Size: \_\_\_ Small \_\_\_ Medium  
 \_\_\_ Large \_\_\_ XL \_\_\_ 2XL \_\_\_ 3XL \_\_\_ 4X \_\_\_ 5X  
**TOTAL \$** \_\_\_\_\_

**AMOUNT DUE FROM SESSIONS AND CRAFTS \$** \_\_\_\_\_

**STATE MEETING SHIRT \$** \_\_\_\_\_

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

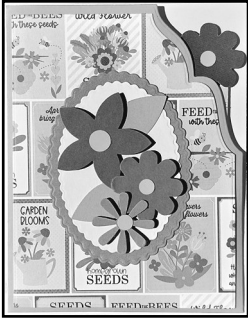
**PLEASE TRANSFER THIS AMOUNT TO PAGE 5**



# KEHA Hands-On Activities

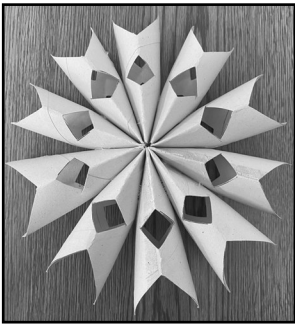
**Tuesday, May 12 - 5:15 p.m. - 6:15 p.m. ET and Wednesday, May 13 - 3:15 p.m. - 4:15 p.m. ET**

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



## **Fun Folded Birthday Cards** **Tuesday & Wednesday**

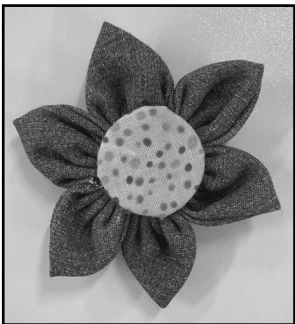
Cost: \$10      Class Limit: 30  
Learn how to create three birthday cards using a variety of fun, nontraditional folds. You'll go away with new ideas for crafting as well as three beautiful birthday cards ready to give away. Great for beginners and experienced card makers. Additional kits will be available for \$10 each.



## **Starburst Cardboard Craft** **Tuesday & Wednesday**

Cost: \$5      Class Limit: 35  
Enjoy learning how to make a starburst about 9 inches in diameter using cardboard! We will get you started with the basics and the pattern. By the end of the session, you will have your very own starburst that you can

completely customize at home. Additional kits will be available for \$5 each.



## **Denim Flower** **Tuesday & Wednesday**

Cost: \$5      Class Limit: 30  
Create your own denim flower using basic sewing skills. At the end of this session, you will have the perfect accessory for spring or fall that can be pinned anywhere you wish! Additional kits will be available for \$5 each.



## **Spice It Up!** **Tuesday & Wednesday**

Cost: Free      Class Limit: 30  
Making foods flavorful is just one of the many benefits of using spices in the kitchen. Adding salt to a dish can be the first thing

that comes to mind to add flavor when something is bland, but using spices during cooking may be a more healthful choice. Join us in learning what various spices offer to foods in terms of nutrition and flavor. Create "make and take" spice blends to use for your at-home seasoning.



## **Flower Pin Cushion** **Tuesday & Wednesday**

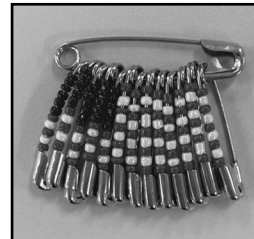
Cost: \$5      Class Limit: 20  
Have too many pins for sewing and nowhere to put them? We have the solution for you! Join us as we use basic sewing skills to create an adorable flower pin cushion. Additional kits will be available for

\$5 each.



## **Felt Flag Flower** **Tuesday & Wednesday**

Cost: \$5      Class Limit: 30  
Celebrate the 250th anniversary of the country with this simple to make felt flag flower. This flower can be use to accessorize any outfit. During this session we will be adding a pin to the back for easy wear. Additional kits will be available for \$5 each.



## **Patriotic Pin** **Tuesday & Wednesday**

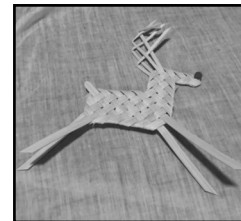
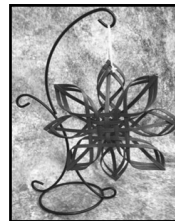
Cost: \$5      Class Limit: 20  
This patriotic pin craft will allow you to take home a wearable American flag accessory completely made of small beads. You can use it to accessorize any way you like. Additional kits will be available for \$5 each.

---

## **Holiday Ornaments - Snowflake & Reindeer**

### **Tuesday Only**

Cost: \$12  
Class Limit: 20  
Create woven holiday decorations! Participants will use reed to create ornaments,



approximately a 6-inch snowflake and a 9-inch reindeer. They will complete the reindeer first and will start on their snowflake, which can be finished at home.

---

## **Basket With Beaded Rim**

### **Wednesday Only**

Cost: \$25      Class Limit: 20  
Participants will choose two colors for their six-inch basket. They will weave the sides of the basket and finish the top with a beaded rim.



# Educational Chairperson Workshops

**Thursday, May 14 - 9:45 a.m. - 11:00 a.m. ET**

## CULTURAL ARTS & HERITAGE

We hear you! This year Cultural Arts will focus on a well-deserved updated Quilt category. Join us as we discuss and explain all the new sub-category changes and improvements you have been waiting for. The new Quilt category will begin July 1, 2026. The 2<sup>nd</sup> year Plan of Work will focus on Fiber. We will provide resources for understanding the process for turning animal and plant fibers into yarns, textiles, and, ultimately, into consumer products and appreciate the history and cultural heritage of fibers. All county and area Cultural Arts Chairpersons are invited to attend. Bring a friend and learn more about Cultural Arts! —*Cindy Moore*

## ENVIRONMENT, HOUSING & ENERGY

The focus of the Environment, Housing & Energy Chairperson Workshop is to: 1) learn the Program of Work for the upcoming year; 2) meet your state, area, and county chairpeople and advisor; and 3) discuss ways to promote the Program of Work in your area and county. The current Program of Work will focus on the idea of reusing in effort to "Reduce, Reuse and Recycle." One example is to reuse plastic grocery bags to make mats for the homeless to reduce landfill waste. The workshop also will discuss other household items that can be reused or repurposed. —*Rhonella Chaffin*

## FAMILY & INDIVIDUAL DEVELOPMENT

Family & Individual Development continues the 2025-2028 Program of Work focusing on mental health across the life span. The lessons will highlight why mental health matters and draw attention to symptoms of mental health concerns and resources such as lessons and Health Bulletins that are available to help with mental well-being. We will share details about a new contest coming soon! This work supports the national affiliate's new program of focus: Mental Health and Well-Being. The goal is to increase community awareness through education programs, mental health first aid trainings, sponsoring community events, partnering with other organizations, and fundraising. —*Amelia Godfrey*

## FOOD, NUTRITION & HEALTH

If you are interested in Food, Nutrition & Health, make sure to attend this learning session. Anyone is welcome, and FNH chairpersons serving at any level are encouraged to attend. We will be reviewing the 2024-2027 Program of Work and current contests. We will highlight the lessons, programs, and activities that support the Program of Work, such as travel Kentucky from your kitchen or global foods. Example handouts and activities will be used in the session. —*Esther Bailey*

## INTERNATIONAL

Come get EXCITED about the International Program of Work and get ideas for your homemaker area. Everyone is welcome, and International chairpersons serving at every level are encouraged to join. We will be covering the 2025-2028 Program of Work and current contests. The coming program year includes two options for lessons — tips for travel and food in other countries. Get information on NVON and ACWW, too. This is a great opportunity to meet the state chair and share ideas. We are EXCITED for a new year with you! —*Tammy Alford*

## LEADERSHIP DEVELOPMENT

Do you have questions regarding Leadership Development for your club? Are you uncertain about reporting Volunteer Service Units? Why is it even important? Join us with your questions and discover more about the Leadership Development Program of Work, and how it supports your Extension Homemaker clubs at every level. Additionally, we will discuss information on KEHA scholarships and the Leadership Development awards. Don't miss this opportunity to have all your questions addressed! —*Cyndy Humble*

## MANAGEMENT & SAFETY

Travel opens doors to new experiences, but staying safe requires more than a packed suitcase. The 2026 Management and Safety Leader Lesson aims to increase knowledge and confidence in travel safety by providing practical strategies to help individuals protect their health, finances, and personal security. The lesson offers tips on planning ahead and staying safe while still enjoying the travel experience. —*Diana Morgan*

## 4-H YOUTH DEVELOPMENT

Learn how Extension Homemakers can partner with 4-H Youth Development and Family & Consumer Sciences Agents to create engaging cooking and culinary clubs for youth. This workshop covers steps for organizing a club, promoting participation, and involving parents and volunteers. Explore lesson ideas such as reading recipes, food preparation, food safety, measuring ingredients, knife skills, and dining etiquette. Discover how to use the Cooking 101-401 curriculum and recipes suitable for county fairs, project days, and rally days. Thanks for all you do to support KEHA and 4-H! —*Peggy Tracy*



## KEHA Seminars – Session 1

Tuesday, May 12 - 1:45 p.m. - 3:00 p.m. ET

### **COLORS OF THE MOUNTAINS: EXPLORING APPALACHIAN DYES**

Discover the colors of the mountains in this hands-on workshop exploring the art of natural dyeing. Participants will learn about traditional Appalachian dye sources - such as walnut hulls, onion skins, and goldenrod - and their role in regional craft history. Through guided demonstrations and hands-on practice, you'll experiment with dyeing a small piece of fabric, creating a unique take-home sample. The session blends history, sustainability, and creativity, offering participants a deeper appreciation for Appalachian heritage and practical skills they can continue at home. **COST: \$5**

Presenters: Sarah Congleton, Cheyenne Lamb, Aggie Fink  
Minimum: 10                      Maximum: 25

### **STARTING A BOOK CLUB! HOW DO YOU BEGIN?**

Book clubs provide a platform for connecting with others over a shared passion for reading. They can foster discussion, community spirit, even taking action inspired by the books we read. Book clubs can and do build the Kentucky Extension Homemakers community by bringing people together by sharing a love of reading and connecting on a deeper level. Join us for an energized session and learn a variety of ways to create a social and comfortable space to explore literature in all of its facets, meet new people, and enjoy the camaraderie of shared interest through the creation of an Extension Homemaker's Book Club. This session will include a panel discussion from the Lincoln County Homemaker Book Club and a free book and free Book Club Starter Kit (one kit per session registrant).

Presenters: Babette Overman, Jody Paver, Michelle Padgett, Bonnie Hill, Donna Fumas, Jennifer Stewart  
Minimum: 5                      Maximum: 50

### **SUPPORTING BREASTFEEDING IN OUR COMMUNITIES: EVERYONE HAS A ROLE**

Breastfeeding improves health outcomes across the lifespan, which in turn can improve the health of our communities. It truly takes a village to support families in caring for their little ones. We will explore how communities can make everyday spaces more breastfeeding-friendly, strengthen support systems, and what individuals can do to advocate for change in their communities. You'll receive a free starter kit with instructions to sew nursing covers in your county.

Presenters: Courtney Luecking, Martha Colley, Gracie Watkins, Jeanne Badgett  
Minimum: 30                      Maximum: 54

### **LEADING WITH UNDERSTANDING: THE POWER OF PERSONALITY IN EXTENSION LEADERSHIP**

This presentation shares how understanding personality differences (introvert, ambivert, and extrovert) can strengthen communication, teamwork, and leadership within Extension and beyond. We'll discuss practical ways to lead with confidence and connect authentically with others.

Presenters: Christina Pay, Cindy Jenkins, Sadie Wilde (Utah State University)  
Minimum: 5                      Maximum: 75

### **BLOCK PARTY: PAINT YOUR OWN MINI BARN QUILT**

Join us for a fun, hands-on barn quilt painting class! Attendees will create a 12 inch by 12 inch barn quilt that can be displayed outdoors or indoors. No experience needed—just creativity! **COST: \$15**

Presenter: Kimberly Thomas  
Minimum 5                      Maximum: 20



## KEHA Seminars – Session 1

Tuesday, May 12 - 1:45 p.m. - 3:00 p.m. ET

### **HOMEMADE, HEALTHY & DELICIOUS**

Champion Food Volunteer Victoria Faoro will share recipes for favorite dishes that are healthy, many of them Mediterranean inspired and made with easily found ingredients. Included will be recipes for entrees, sides, and even desserts that work for special diets such as vegetarian, vegan, low carbohydrate, and gluten-free. Victoria also will share tips for substitutions that can be used to adapt other recipes for these special diets. The focus will be on using fresh ingredients and avoiding highly processed foods as much as possible. A handout will be provided that includes full recipes for all dishes discussed.

Presenter: Victoria Faoro

Minimum: 5                      Maximum: 75

### **SAME SCAMS, NEW TRICKS**

Please join us for a discussion of how scams are changing and how we can stay up to date and avoid them. We'll discuss how new technology such as artificial intelligence is being used by both scammers and lawmakers, conduct live demonstrations of fake image generation, and discuss how to spot fakes and scams.

Presenter: Rick Sellnow

Minimum 20                      Maximum: 75

### **THERE'S STRENGTH IN EVERY STORY**

Learn how to break down the walls of stigma through open, honest conversations with friends, small groups, and/or counselors to manage stress, build resilience, and access mental health resources.

Presenter: Dot Dunn Hart, NVON Vice President

Minimum: 5                      Maximum: 42

### **UK DOWNTOWN STUDIO WALKING TOUR**

Join us for a small-group guided walking tour of the UK College of Communication and Information's Downtown Studio inside the Central Bank Center. This 20,000-square-foot state-of-the-art facility is a collaboration between CI, JMI Sports, and UK Athletics. It is a premier production space, designed for news, lifestyle, commercial work, NIL content, corporate PSAs, and film production. With cutting-edge technology, industry-standard equipment, and a layout built for efficiency, this space is the ultimate destination for media professionals, students, and content creators alike. The Downtown Studio is not just a facility. It's a hub of creativity and innovation. Note: Meet at the Hyatt walking bridge near registration. Some walking and stairs will be required for this tour.

Presenter: Megan Sizemore - College of Communication and Information

Minimum: 5                      Maximum: 15 per tour



## KEHA Seminars – Session 2

Tuesday, May 12 - 3:30 p.m. - 4:45 p.m. ET

### **AWARD WINNING COMMUNITY SERVICE PROJECTS**

Are you always trying to find community service volunteer projects that people will enjoy? Attend this workshop and get some award-winning ideas. (This panel is a repeat of a session at the 2026 Volunteer Forum.)

Presenters: Sharon Wood, Danica Porter, and the Fern Leaf Homemakers (Taylor and Mason Counties)

Minimum: 5                      Maximum: 60

**KEHA Seminars – Session 2****Tuesday, May 12 - 3:30 p.m. - 4:45 p.m. ET****COLORS OF THE MOUNTAINS: EXPLORING APPALACHIAN DYES (REPEAT)** See description on page 9. **COST: \$5****LEADING WITH UNDERSTANDING: THE POWER OF PERSONALITY IN EXTENSION LEADERSHIP (REPEAT)**

See description on page 9

**FROM MEMORIES TO MEMOIRS**

Discover your storyteller within! In this hands-on workshop led by retired teacher and children's author Carol June Franks, participants will explore the heart of memoir writing —transforming your cherished memories into compelling personal stories. Whether you're a seasoned writer or just starting out, you'll leave with a strong beginning to your own memoir and inspiration to enter the KEHA writing contest. Come ready to write, reflect, and connect through the power of storytelling!

Presenter: Carol June Franks of Junebug Tales Publishing  
Minimum: 5                      Maximum: 30

**I WANT TO WEAVE A BASKET - WHERE DO I GO?**

This session will share information on local basket weaving guilds found in Kentucky; as well as the small and large conventions held in the state. A list of basket teachers also will be shared.

Presenter: Kay Kass

Minimum: 5                      Maximum: 42

**NO-SEW UPCYCLING T-SHIRT BAG: GET CREATIVE WITHOUT THE NEEDLE**

Recycle a T-shirt into a unique, stylish bag that can be used as a craft bag, beach bag, or farmer's market bag and more. Each participant will need to bring a T-shirt and scissors and/or a rotary cutter and a small mat.

Presenters: Lorie Adams, Charlinda Fugate, Anita Fugate  
Minimum: 20                      Maximum: 25

**UNDERSTANDING AI (ARTIFICIAL INTELLIGENCE)**

Please join us for a discussion of how artificial intelligence has developed and what is new about today's AI. We'll cover how AI processes information and what its use means for us in our everyday lives. No previous knowledge is necessary, and questions are welcome!

Presenter: Rick Sellnow

Minimum: 20                      Maximum: 75

**BACKYARD GARDENING FOR BUTTERFLIES, BIRDS, AND BEES**

Entomologist and wildlife ecologist Douglas Tallamay has said that Nature's Best Hope is our backyards. Master Gardener Victoria Faoro will show ways you can support pollinators and other wildlife in your own backyard, whether you live in an urban, suburban, or rural area. Topics covered will include the native plants including those that contribute the most, ways of decreasing lawn areas, the importance of moths and caterpillars, how to support bird populations, how to identify and remove invasive plants, alternatives to insecticides, how to reduce light pollution, and more.

Presenter: Victoria Faoro

Minimum: 5                      Maximum: 75

**UK DOWNTOWN STUDIO WALKING TOUR (REPEAT)**

See description on page 9.

**KEHA Seminars – Session 3****Wednesday, May 13 - 8:15 a.m. - 9:30 a.m. ET****UNDERSTANDING AI (ARTIFICIAL INTELLIGENCE) (REPEAT)** See description on page 10 LEFT COLUMN.**KEHA HISTORY AND REFLECTIONS**

Did you know KEHA is approaching a true milestone – 100 years as a statewide organization? Take a walk through KEHA history during this learning session – exploring the early origins of the organization through today. Reflect upon the past and consider how you can build on this history as the organization nears its centennial!

Presenters: Kim Henken, Martha Nall

Minimum: 20                      Maximum: 60

**THE WOOL STORY: A COMPLETE JOURNEY FROM SHEARING TO STITCHING AND FLEECE TO FASHION**

Join us for a hands-on journey through the world of wool! Discover the different types of wool, experience the shearing process, explore natural dyeing techniques, and create your own stylish wool products.

**COST: \$5**

Presenters: Phillip & Sheryl Morgan, Cindy Moore, Krista Perry

Minimum: 15                      Maximum: 30

**GARDENING SAFELY**

Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruits, and herbs, as well. As with any activity though, it is important to know how to move prudently, use equipment properly, and interact with nature responsibly. This lesson focuses on the health benefits of gardening, using proper motions for repetitive movement, and appropriate tools for the job at hand. If this lesson does not sound exciting at first, maybe it will grow on you!

Presenter: Danielle Hagler

Minimum: 5                      Maximum: 53

**VOLUNTEERISM 2026: PREPARING FOR A NEW BREED OF VOLUNTEER**

This isn't your grandma's organization! Times have changed, society has evolved, generations have turned, the American way of life has been redefined, and priorities have shifted. Expectations of communities, organizations, and people are drastically different than they were at the turn of the century. Volunteers expect organizations and their programs to be cleaner, greener, skill-based, outcome-oriented, schedule-friendly, flexible, and efficient. This workshop will focus on 10 ways that volunteers are markedly different and will identify strategies that organizations can implement to adjust to these changing expectations and expand their volunteer program.

Presenter: Ken Culp, III, Ph.D.

Minimum: 5                      Maximum: 75

**EAT WELL, LIVE WELL: THE MEDITERRANEAN DIET APPROACH**

Explore the Mediterranean diet's powerful impact on health and happiness. This session offers practical strategies for eating well, aging vibrantly, and embracing a lifestyle rooted in balance and joy. Participants will receive resources, publications, and recipes.

Presenters: Heather Norman-Burgdolf, Anna Cason, Gracie Watkins

Minimum: 15                      Maximum: 75

**BLOCK PARTY: PAINT YOUR OWN MINI BARN QUILT (REPEAT)**

See description on page 9

**COST: \$15**

## KEHA Seminars – Session 3

Wednesday, May 13 - 8:15 a.m. - 9:30 a.m. ET

### **DISASTERS DON'T STAND A CHANCE: A PREPAREDNESS GAME**

Disasters Don't Stand a Chance is a newly developed disaster preparedness game for families and individuals nationwide, including those with animals and pets. It is presented in a way that is engaging, fun and light-hearted, while introducing resources and knowledge that may be needed for the future. Players face off against one another while traversing the game board, confronting a rapidly-escalating disaster situation as they go. The interactive game, "Disasters Don't Stand a Chance" (CHANCE), was developed with funds from a Smith-Lever Special Needs Competitive Grant (2024-41210-43164).

Presenters: Andrea Higdon, Geri Zakharia

Minimum: 5                      Maximum: 32

### **UK DOWNTOWN STUDIO WALKING TOUR (REPEAT)**

See description on page 9.

## KEHA Seminars – Session 4

Wednesday, May 13 - 1:30 p.m. - 2:45 p.m. ET

### **PREPARED FOR WHATEVER THE SEASON MIGHT BRING: A HOME PREPARATION GUIDE**

This session will introduce a practical resource to help you prepare your home and plan ahead for winter, spring, summer, and fall. Participants will learn how to assess their home and create custom seasonal checklists tailored to their unique needs. Discussion will highlight how proactive preparation is key, no matter if you are in an urban or rural setting.

Presenter: Monica Mundy

Minimum: 5                      Maximum: 54

### **SOMEWHERE OVER THE RAINBOW: INTERPRETING THE WIZARD OF OZ**

This presentation follows the framework built by the American classic "The Wizard of Oz."

The audience will learn the four basic, subconscious lessons taught throughout the story by each of the four principal characters, who symbolize our KEHA members and volunteers. Participants may envision their role as a KEHA member or volunteer differently as they see themselves recast as either Dorothy, the Scarecrow, the Tin Man, or the Cowardly Lion; each of whom has a problem to solve and obstacles to overcome. Like the characters in the story, volunteers and members can learn to solve problems and overcome obstacles, with the help of a leader who teaches them how to problem-solve, think, and serve their organization and the community.

Presenter: Ken Culp, III, Ph.D.

Minimum: 25                      Maximum: 75

### **THE BASICS OF SOURDOUGH**

Sourdough is a naturally occurring leavening agent used to bake breads and all other kinds of goodies. Come learn the basics of sourdough starter and bread, with a focus on using it and the nutrition behind this natural starter. **COST: \$10**

Presenters: Megan Gullett, Kimberly Hope-Thomas, Leah VanMeter Cardwell

Minimum: 20                      Maximum: 75



## KEHA Seminars – Session 4

Wednesday, May 13 - 1:30 p.m. - 2:45 p.m. ET

### **SPECIAL GIFTS FOR SPECIAL PEOPLE**

This session will show you how to put together special gifts for very special people. There will be examples of gifts in a bag, in a jar, in a box, DIY gifts, and store-bought. Participants will receive a folder with directions and recipes and also a gift bag with samples of room spray, extracts, spice mix, ornament, bookmark, etc.

**COST: \$8**

Presenter: Cindy Williams

Minimum: 50                      Maximum: 65



### **PARLI LIKE A PRO: TIPS FOR MEETING PARTICIPANTS**

We often think parliamentary procedure training is for those serving in leadership positions and/or presiding over formal business meetings. While true, it also can help us be pros as meeting participants. Join this session for an interactive review of parliamentary procedure courtesies, meeting etiquette and the faux pas we all would like to avoid.

Presenters: Kim Henken, Janet Hobbs, Karen Hill

Minimum: 12                      Maximum: 42

### **TIME WELL SPENT**

Organizing your time and workspace not only improves productivity, but it can enhance your overall well-being while decreasing stress levels. In this workshop we will: • Describe techniques for organizing spaces. • Discuss personal routines as a method to organize time at home. • Examine professional routines as a method to organize "work" time.

Presenter: Danielle Hagler

Minimum: 5                      Maximum: 60

### **CASA ADVOCACY AND KENTUCKY'S CHILDREN**

This session offers an overview of child welfare in Kentucky. Presenters will explore key trends, challenges, and opportunities within Kentucky's child welfare system, with a particular focus on how community based advocacy can improve outcomes for children involved in the courts. Drawing on insights from the Kentucky CASA Network, CASA of Lexington, and an active CASA volunteer, this session provides a rare multi-level perspective. Attendees will leave with a clearer understanding of Kentucky's child welfare system, the role of CASA within court-involved cases, and practical ways individuals and communities can support best-interest advocacy for Kentucky's most vulnerable children.

Presenter: Courtney Williams

Minimum: 5                      Maximum: 30

### **UK DOWNTOWN STUDIO WALKING TOUR (REPEAT)**

See description on page 9.

### **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



### **MASTER FARM HOMEMAKERS GUILD MEETING**

The Master Farm Homemakers Guild will meet during this time slot following their luncheon. Their luncheon attendees must be registered on a separate form. Information is listed on page 5.



## Kentucky Extension Homemakers Association

### UK Corner

The University of Kentucky Family and Consumer Science (FCS) Extension program remains committed to strengthening families across the Commonwealth. February Agent Training is right around the corner, and we are excited about the new programs that soon will be available for agents to offer at the county level. We also have made significant progress in the search for our next Assistant Director of FCS Extension. Three outstanding candidates are joining us on UK's campus for presentations and interviews in February.

FCS Extension continues to focus on securing extramural funding, and we are pleased to maintain our work with the Nutrition Education Program as well as Children, Youth, and Families at Risk, through grant support. In addition, I am excited to share that through our collaboration with UK HealthCare and the Advancing Kentucky Together Network, a statewide partnership committed to building a healthier Kentucky, FCS Extension is hiring an Extension Associate for Nutrition and an Extension Specialist for Substance Use Recovery and Prevention. These new positions will allow us to expand our reach and deepen our impact, particularly in nutrition and substance use recovery and prevention efforts. We also are actively filling positions at the county level. If you know someone interested in joining our incredible team of FCS professionals, please encourage them to visit the Martin-Gatton College of Agriculture, Food and Environment Job website at <https://jobs.ca.uky.edu/>.

On behalf of our state staff and faculty, thank you to KEHA and its members for your steadfast partnership with FCS Extension. Your engagement and commitment strengthen our work at every level and help ensure that programs reach families where they are. We value the role KEHA plays in shaping and supporting efforts that advance our communities across the Commonwealth. We look forward to another year of meaningful work, shared memories, and continued impact in our communities.

Sincerely,

Joann Liankhammy, Ph.D., Acting Assistant Director, Family and Consumer Sciences Extension