

INTERNATIONAL Program of Work 2025-2028



KENTUCKY EXTENSION HOMEMAKERS

The International Program is designed to help change and develop the shifting needs of people in our communities around the globe. This program supports statewide KEHA activities that develop and create innovative learning, spotlight global growth projects and highlight learning lessons that achieve our goals. All our work is implemented in collaboration with the United Nations “Sustainable Development Goals” (SDGs) which are the blueprint to achieve a better and more sustainable future for all. They address the global challenges we face, including those related to poverty, inequality, climate change, environmental degradation, peace and justice. The 17 goals are all interconnected, and in order to leave no one behind, it is important that we achieve them all by 2030. <https://sdgs.un.org/goals>

Share Your Club Activities in the KEHA International Facebook Group to give other counties and clubs ideas for their next project!

KEHA International Goals:

- 1) Promote globally representative programs to help KEHA members have a better understanding of people who live in other parts of the world.
- 2) Promote globally representative programs to help KEHA members have a better understanding of people moving into Kentucky communities from other countries.

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Chairperson 2026-2027 (partial term)

AFFILIATED ORGANIZATIONS

The Kentucky Extension Homemakers Association maintains a vital interest in our global society and its impact in Kentucky, across our nation and worldwide. KEHA receives support for these activities through its relationship with these partners: ACWW (Associated Country Women of the World), CWC (Country Women's Council), and NVON (National Volunteer Outreach Network), as well as local and other affiliated organizations. KEHA involvement includes the activities of attending their meetings, funding assistance, paying dues and participation in their programs.

ASSOCIATED COUNTRY WOMEN OF THE WORLD (ACWW)

Since 1936, Kentucky Extension Homemakers have been a member of ACWW, a *nonpolitical, non-sectarian international organization that works to improve standards of living for all women and their families through worldwide projects. Follow them on Facebook or visit their website at <https://www.acww.org.uk/>.*



Go to <http://www.acww.org.uk/> or scan this QR Code with your smartphone for more information about this organization.



Go to <http://www.cwcusa.org/> or scan this QR Code with your smartphone for more information about this organization.



THE COUNTRY WOMEN'S COUNCIL OF THE UNITED STATES OF AMERICA (CWC)

Is a coordinating council, composed of Associated Country Women of the World (ACWW) member societies in the USA and meets annually to promote the work of ACWW. During their three-year term, our International Chairmen are expected to attend. Follow them on Facebook or visit their website at <http://www.cwcusa.org>.

NATIONAL VOLUNTEER OUTREACH NETWORK (N.V.O.N.)

is a national organization organized in 1995; Kentucky was one of the organizing states. Eight states are included in the organization, and a national conference is held each year and in their three-year term, our International Chairmen are required to attend. N.V.O.N. is comprised of member organizations working together to promote communication, education, and volunteerism for all people. Follow them on Facebook or visit their website at <http://www.nvon.org/>.



Go to <https://www.nvon.org> or scan this QR Code with your smartphone for more information about this organization.

KEHA INTERNATIONAL Program of Work 2025-2028

SITUATION:

As the International Chairperson, my role is to inspire KEHA members to engage and unite with individuals of varying backgrounds through education and experiences, and to keep members apprised of the state of existing projects. Let's get excited as we delve into global issues, enjoy the traditions of our neighbors, and learn how to create friendships.

FOCUS BY YEAR:

- Year 1 – 2025-2026: Creating Welcoming Communities
- Year 2 – 2026-2027:
 - On the Go and In the Know: Travel Safe
 - Global Foods (work with FNH chairperson)
- Year 3 – 2027-2028: The Value of Learning a New Language

GOALS:

- Promote better communication and understanding ways to navigate in unfamiliar settings.
- Build relationships with our growing international populations.
- Provide education and resources for traveling abroad.
- Understand global differences in dining traditions.
- Provide resources to learn about other countries, their foods, and customs.
- Understand the ways learning language improves memory and cognition and fosters global competence.

ACTIVITIES:

- Host International chairperson training annually at KEHA State Meeting.
- Host International learning session for 2026 KEHA State Meeting based on feedback from KEHA members.
- Promote NVON, CWC, ACWW.
- Promote the ACWW 31st Triennial Conference in Ottawa, Canada, April 24-May 5, 2026.
- Continue the Homemaker Exchange Program.

CONTESTS AND AWARDS:

- International Projects and Programs Contest – due March 1
- Most Coins Collected Award – submitted with annual dues in December
 - a. Coins for Change (Collection jar label available for print at <https://keha.ca.uky.edu/content/international.>)
 - b. Kentucky Academy/Ghana Library

KEHA INTERNATIONAL

Program of Work Lessons

2024-2025: Creating Welcoming Communities

This lesson focused on becoming a more prepared community volunteer by understanding how we are all unique. *This lesson has been offered in most areas already, and is now under revision.*

2026-2027: On the Go and In the Know: Travel Safe

Consider working with the county Management and Safety Chairperson to promote two Programs of Work at once! Learn essential tips and strategies to stay safe while traveling locally or abroad. This lesson covers preparation before departure, situational awareness, safe transportation choices, and emergency response practices. Participants will leave with practical tools to reduce risks, protect personal belongings, and ensure a safer, more enjoyable travel experience.

2026-2027: Global Foods

Consider working with the county Food, Nutrition, and Health Chairperson to promote two Programs of Work at once! Learn about other countries, their foods, and customs. KEHA members will learn about a country, prepare a dish, and work with others. Choose from among six countries: Germany, Ireland, Greece, France, Italy, Mexico, or India. Prepare a dish from that country, and identify common eating patterns and habits. Check for the list and link to specific lessons, including recipes, in the Food, Nutrition, and Health Program of Work.

2027-2028: The Value of Learning a New Language

Most of us speak one language. Have you ever considered the benefits of learning a new one? Language can serve as a barrier (or as a gateway) to new ways of navigating the world we live in. Attempting to learn a new way to communicate improves your brain's ability to rewire itself and improves memory. It also improves the ability to multi-task and improves neuroplasticity (helping the brain to remain flexible so you can learn, create memories, and adapt to new environments). Even just exploring a few phrases and sentences can be beneficial and allows us to see our world from a new perspective. This lesson will explore the benefits of learning a new language and will include simple activities that are fun and engaging for all.

INTERNATIONAL CONTEST AND AWARDS

Information and Guidelines

To showcase all your hard work, we encourage all individuals, clubs, counties, and areas to submit an international project for recognition.

INTERNATIONAL PROJECTS AND PROGRAMS AWARD

- All entries submitted will be in contest for the International Projects and Programs Award with 1st place gift card and certificates for first through third place.

Programs must demonstrate the educational purpose and demonstrate its impact to the members and the community. In order to see all your effort, please be sure to list the number of members involved in the process and number of people benefitted by the program.

Submit one or more projects(s) that implements KEHA Projects and Programs.

1. Entries should be typed, however neatly printed handwritten entries are accepted.
2. Hard copy entries must be in a binder.
3. Entries must include Contest Cover Page (found in KEHA Manual in the Appendix section).
4. Entries must be postmarked by March 1.
5. All donations must be sent to the KEHA treasurer with check payable to KEHA. In the MEMO field, write where donation is from and which international fund it is meant for.
6. Must include photocopies of supporting materials (example: pictures, newspaper clippings, invitation, program, etc.)
7. All contest entries are to be sent to the State International Chair by March 1.

GRADING CHART

• Typed/Neatly Handwritten	5%
• Binder	5%
• Contest Cover Page	10%
• Deadline (Postmarked by March 1)	20%
• Supporting materials	30%
• KEHA Member Involvement	30%

SUBMIT CONTEST ENTRIES BY MARCH 1

Send to:

Marilyn Watson, International Chair
122 Silver Laurel Ct.
Greenville, KY 42345

Questions? Contact Marilyn at
270-860-2526 or

MarilynW1315@gmail.com

MOST COINS COLLECTED AWARDS

- Funds are to be submitted to the KEHA Treasurer by December 15.
- A gift card will be awarded to the County with the most coins collected in the below categories:
 - Coins for Change
 - Kentucky Academy/Ghana Library
- Top three in each category will be awarded certificates.

Homemaker Exchange Program

IN 1984, A THREE YEAR REVOLVING PLAN FOR A HOMEMAKER EXCHANGE PROGRAM TO BE FUNDED BY THE COINS FOR CHANGE COLLECTED FOR THE USE IN KENTUCKY BEGAN

During their 3-year term, each State International Chairman is to:

Host a visiting homemaker from another country (person to be invited in third year of previous chairman's term in office);

KEHA extends Home Hospitality to a foreign visitor to observe the Program of Work in three areas. The host areas will be the three areas contributing the largest amount of Coins for Change during the previous year. Length of stay for the visitor will be set by the areas extending the invitation for home hospitality. KEHA will pay round trip expenses with the amount contingent upon the anticipated travel costs and fund balance in Coins for Change.

Attend the ACWW Triennial Meeting

KEHA International Chairman during the 3-year Program of Work attends the Associated Country Women of the World Triennial World Conference and the Country Women's Council meetings. Travel support is provided through Coins for Change and should be included in the annual budget for Coins for Change.

Select a KEHA member for the Homemaker Exchange Program to visit a host country as determined and arranged by each State International Chairman.

KEHA provides travel funding support for the KEHA member who travels as the exchange homemaker. The amount will be determined by the board and announced the year prior to accepting applications. The amount will be contingent upon anticipated travel costs and the fund balance in Coins for Change. Eligible KEHA members must have served as a Club, County, Area or State International Chairman. Each county nominee must be endorsed by his/her local county council. Each area must select and endorse its area nominee. Entry forms are located on the following pages and are due to the State International Chairman by March 1st of the year of travel (e.g. 2017, 2020 or 2023). The Screening Committee shall consist of the current KEHA International Chairman, the State Advisor for International, and an area president from an area not eligible at the time. Applicants will be subject to interview by the screening committee. The screening committee will advise the winner of any possible regulations or stipulations as may be deemed necessary. An alternate winner will be named.

Why We Believe in the Homemaker Exchange Program

We believe that with any cultural exchange program, profound knowledge can be gained from working with another culture. Cultural exchange programs are rewarding because it's virtually a real-life study on a country's cultural traditions, language, etiquette, and history. The personal development potential is invaluable. Cultural exchange programs represent the opportunity for participants to mature on a personal and intellectual level. An understanding and familiarity of local customs The experience can be life transforming from an informed and real-life perspective, participants are able to learn about international affairs and how geopolitics and economic factors affect the world we live in.

KEHA INTERNATIONAL EXCHANGE PROGRAM

Homemaker Application

Due March 1

(See Exchange Program description for application details and submittal years.)

General Information

Name _____

Address _____

Phone _____ Email _____

Date of Birth _____ Place of Birth _____

Married _____ Single _____ Name of Spouse _____

Religion (Optional) _____ Children _____ Ages _____

Number of years in Homemakers _____ Officer _____ State _____ Area _____ County _____

At what levels have you served as International chairperson?

Briefly list leadership roles:

Overseas travel experience: (Indicate when, where, and for what purpose)

Valid Passport or Visa? _____ Yes _____ No

Please list any languages other than English that you are fluent in. List your competency in them as poor, fair, very good.

Language _____	Speaking _____	Reading _____	Writing _____
Language _____	Speaking _____	Reading _____	Writing _____
Language _____	Speaking _____	Reading _____	Writing _____

HOMEMAKER INTERNATIONAL EXCHANGE APPLICATION (CONTINUED)

List your hobbies and special interest:

Health Limitations:

Write a short paragraph on why you want to participate in the Homemaker Exchange Program:

Signature of Applicant _____

Signature of County President _____

International Program of Work Report
For data collected July 1, 2026, to June 30, 2027

Name of person completing this form: _____	
Phone: _____	Email: _____
For CLUB reports: Club reports are due to the County International Chairperson by July 1, 2027 . Club Name: _____	
For COUNTY reports: County reports are due via online surveys by August 15, 2027 . The surveys will be available at https://keha.org/reports/ by July 1, 2027. A copy of the submission should be mailed to the Area International Chairperson by August 15, 2027. County: _____ Number of Clubs reporting: _____	

Please indicate the **number of members** who:

1. Participated in a lesson about On the Go and In the Know: Travel Safe: _____
2. Participated in a lesson about Global Foods: _____
3. Participated in a lesson about The Value of Learning a New Language: _____
4. Speak a second language at home. _____ Which language(s)? _____
5. Participated in International Month: _____
6. Received or learned information about NVON: _____
7. Received or learned information about ACWW/CWC: _____
8. Received updates on the ongoing Kentucky Academy in Ghana project: _____
9. Participated in fundraising for international outreach support programs (Coins for Change/Ghana library/other): _____

Contest:

- a. Did you do an international project or program? Yes ____ No ____
- b. Did you submit something on that project or program for the contest? Yes ____ No ____
- c. If you did a project or program and didn't enter the contest, why not? _____

Please tell us about any special successes or cultural outreach work in your county that you'd like to brag about! Comments: