

Revised: 6.07.2023

Grayson County

Extension Homemaker's

2 0 2 3 - 2 0 2 4 C A L E N D A R



College of Agriculture,
Food and Environment
Cooperative Extension Service

Name:

Club:

Dear Homemakers,

Thank you for all that you do in our county and our community. I am excited for a new program year with each of you! I hope that you find this Year Book to be helpful. Please make notes throughout the year of what you would like to see added to this booklet. I want it to be convenient and useful for the membership! Please continue to be an active member of this organization; if you aren't sure how to become more involved, give me a call! Or talk to your Club President!

Grayson County is lucky to have such a wonderful group serving the community! Let's continue to serve this county and expand our reach even more over this coming year! If you ever have any questions, or concerns, please don't hesitate to contact me, I love hearing from you all! Have a great program year!

Natalie Jaul

Kentucky Extension homemaker's creed

I believe in the home as an inspiring and happy center of family life—comfortable and attractive—a place for relaxation and work where pleasures and responsibilities are shared.

I believe in the home and its contribution to community life which reflects the development of the homemaker and the family.

I believe in the homemaker—alert, diligent, in search of better ways of doing ordinary things for the welfare and happiness of the family.

I believe in the homemaker as a community leader responsible for passing on to others mastered skills and knowledge.

I believe in the fellowship that comes through the homemakers' organization—the exchange of ideas and the joy of knowledge shared with others thus broadening our lives and lifting household tasks above the commonplace.

For these opportunities, I am grateful. I am also thankful for the courage of yesterday, the hope of tomorrow and a growing consciousness of God's love always.

- Jefferson Homemaker's Club: Jefferson County

Club Meetings

Young Club

3rd Tuesday @ 1:00 p.m.

Short Creek

3rd Wednesday @ 11:00 a.m.

5th Saturday & More

5th Saturdays @ 10:00 a.m., plus bonus days listed in calendar.

Block of the Month

3rd Saturday @ 10:00 a.m.

Stay Connected facebook pages

Be sure to LIKE these pages on Facebook to stay updated on programs and events!

Grayson County Extension Homemakers
@graysonkeha

Grayson County Cooperative Extension
@graysoncountyces

Kentucky Extension Homemakers Association
@officialKEHA



Grayson County

Extension Homemakers

EXECUTIVE BOARD

Tracy Thacker, County President

tracy.thacker.gc.keha@gmail.com | (502) 379-7709
197 Cemetery Rd | Big Clifty, KY 42712

Shirley Thompson, County Vice President

s49thomps@yahoo.com | (502) 648-2595
141 Shores Drive | Falls of Rough, KY 40119

Rose Booth, County Secretary

rosebooth46@yahoo.com | (270) 589-4750
16 Tennille Way | Leitchfield, KY 42754

Cherie Seadler, County Treasurer

clps77@windstream.net | (270) 242-4987
6489 Grayson Springs Rd | Clarkson, KY 42726

COUNTY CHAIRMAN

Cultural Arts & Heritage

Sara Bailey
sarabaileydesign@yahoo.com | (270) 246-2543
420 Chester St | Leitchfield, KY 42754

Environment Housing & Energy

Jenny London
gijklondon1987@gmail.com | (270) 230-3490
565 Danny Sadler Rd | Leitchfield, KY 42754

Family & Individual Development

Denise Barrett
teaching_4_u@yahoo.com | (270) 589-0879
7469 Falls of Rough Rd | Caneyville, KY 42721

Food, Nutrition & Health

Donna Wilson
kylady3082@gmail.com | (270) 879-3082
214 Thomason Cemetery Rd | Leitchfield, KY 42754

International

Teresa Buckles
Teresa.buckles@yahoo.com | (270) 230-1611
10637 Beaver Dam Rd | Caneyville, KY 42721

Leadership Development

Penny Logsdon
penlog@windstream.net | (270) 230-3138
9634 Owensboro Rd | Falls of Rough, KY 40119

Management & Safety

Barbara Warfield
barbwarfield47@gmail.com | (270) 259-4542
1325 Lilac Rd | Leitchfield, KY 42754

4-H Youth Development

Stacy Mudd
stacymudd4@gmail.com | (270) 287-7185
3457 Caney Creek Rd | Caneyville, KY 42721

CLUB PRESIDENTS

5th Saturday & More

Jenny London
gijklondon1987@gmail.com | (270) 230-3490
565 Danny Sadler Rd | Leitchfield, KY 42754

Block of the Month

Tracy Thacker
Thimble2013@gmail.com | (502) 379-7709
197 Cemetery Rd | Big Clifty, KY 42712

Short Creek

Shirley Thompson
s49thomps@yahoo.com | (502) 648-2595
141 Shores Dr | Falls of Rough, KY 40119

Young

Barbara Warfield
barbwarfield47@gmail.com | (270) 259-4542
1325 Lilac Rd | Leitchfield, KY 42754

Club Notes

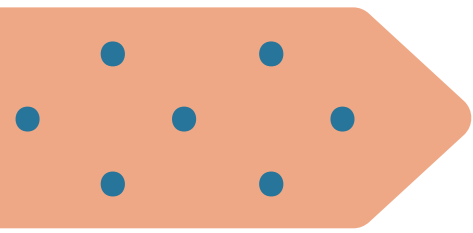
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Club Officers

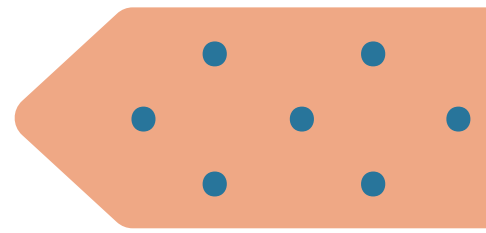
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|-----------------|--|
| President | |
| President Elect | |
| Vice President | |
| Secretary | |
| Treasurer | |

Club Chairmen

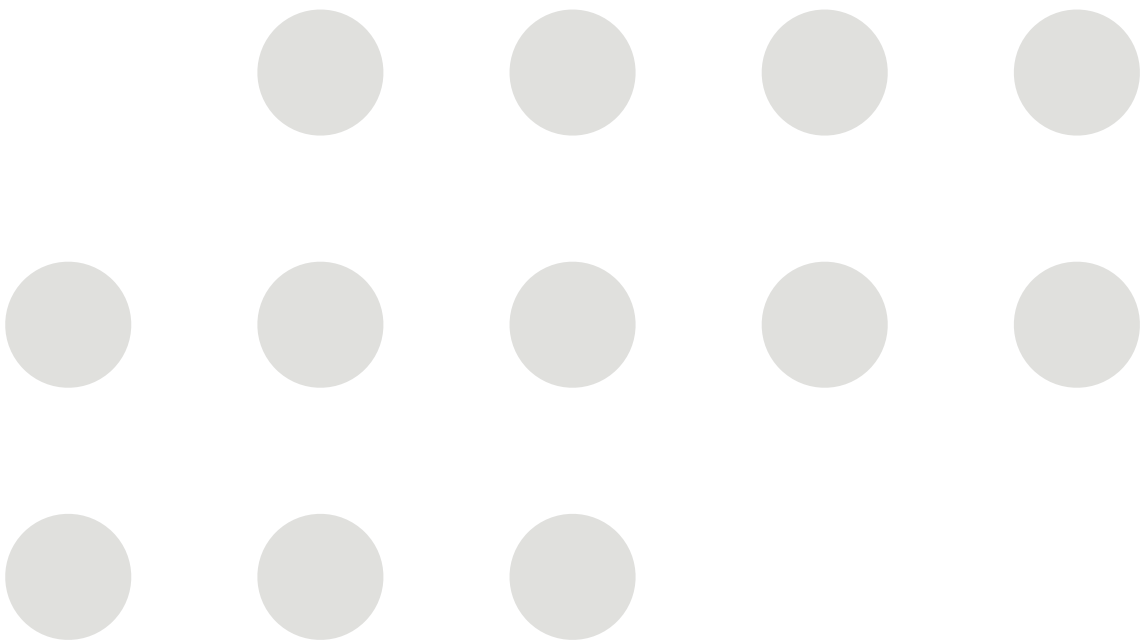
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| Cultural Arts & Heritage | |
| Environment Housing & Energy | |
| Family & Individual Development | |
| Leadership Development | |
| Food, Nutrition & Health | |
| 4-H Youth Development | |
| International | |
| Management & Safety | |



23-24



Calendar of Events



JULY 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|-----------------------------------|-----------------------------------|----------|--------|--|
| | | | | | | 1 |
| 2 | 3 | 4 4th of July Office Closed | 5 | 6 | 7 | 8 |
| 9 | 10 Council Meeting & Leadership Training 3:00 pm | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 Young Club Meeting | 19 Short Creek Club Meeting | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 5th Saturday & More Club Meeting |
| 30 | 31 | | | | | |

The Details

- 7/4: 4th of July, Office Closed
- 7/10: Council Meeting, 3pm @ Ext Office
- 7/18: Young Club Meeting, 1pm @ Ext Office
- 7/19: Short Creek Club Meeting, 11am @ Ext Office
- 7/29: 5th Saturday and More Club Meeting, 10am @ Ext Office

Reminders this month:

- Record any volunteer hours.
- Complete club officer and chairman forms to return to office.
- Complete lesson leader form to return to office

**2023-2024
Forms Needed**

Please return Club Officer and Chairman Forms and Lesson Leader Forms to the Extension Office as soon as possible!!



= Volunteer Opportunity

July Notes

AUGUST 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------|---|--|--|--|--------|---------------------------------------|
| | | 1 Area HM Council Meeting @ Grayson Co. | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 Young Club Meeting | 16 Short Creek Club Meeting | 17 | 18 | 19 Block of the Month Club Meeting |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 Fair Entry Day; 10 a.m.  | 29 Fair Judging Day; 9 a.m.  | 30 HM Lesson @ Hardin Co.  | 31  | | |
| Grayson County Fair | | | | | | |
| | | | | | | |

The Details

- 8/15: Young Club Meeting, 1pm @ Ext Office
- 8/16: Short Creek Club Meeting, 11am @ Ext Office
- 8/19: Block of the Month Club Meeting, 10am @ Ext Office

Reminders this month:

- Record any volunteer hours.
- Complete club officer and chairman forms to return to office.
- Complete lesson leader form to return to office

Monthly Lesson Info

Everyone encouraged to attend

8/30: Identity Theft, Avoiding Fraud & Leadership Training @ Hardin County Ext Office, 9:30-11:30 AM CT
Lesson by: Dayna Fentress



= Volunteer Opportunity

August Notes

SEPTEMBER 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|-------------------------------------|-------------------------------|--------------------------------|----------|---|---|
| | | | | | 1  | 2  |
| | | Grayson County Fair | | | | |
| 3  Fair Entry Pick Up; 1 p.m. | 4 Labor Day Office Closed | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 Council Meeting 3pm | 12 | 13 | 14 | 15 | 16 Block of the Month Club Meeting |
| 17 | 18 | 19 Young Club Meeting | 20 Short Creek Club Meeting | 21 | 22 | 23 |
| 24 | 25 | 26 HM Lesson @ Grayson Co. | 27 | 28 | 29 | 30 5th Saturday & More Club Meeting |
| New Membership Recruitment Begins | | | | | | |

The Details

- 9/4: Labor Day - Office Closed
- 9/11: Council Meeting, 3pm @ Ext Office
- 9/16: Block of the Month Club Meeting, 10am @ Ext Office
- 9/19: Young Club Meeting, 1pm @ Ext Office
- 9/20: Short Creek Club Meeting, 11am @ Ext Office
- 9/30: 5th Saturday & More Club Meeting, 10am @ Ext Office

Monthly Lesson Info

Everyone encouraged to attend

9/26: Coping with Trauma After Natural Disaster @ Grayson County Extension Office, 10 AM CT
Lesson by: Danielle Hagler

Reminders this month:

- Record any volunteer hours.
- New membership recruitment begins.
- Enrollment forms included in booklet
- Forms due back at November Council Meeting
- Register for Area Annual Meeting



= Volunteer Opportunity

September Notes

OCTOBER 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|----------------------------|-----------------------------|------------------------------------|--------|------------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 Area Annual Meeting @ Meade Co. | 13 | 14 |
| KEHA Week | | | | | | |
| 15 | 16 | 17 Young Club Meeting | 18 Short Creek Club Meeting | 19 | 20 | 21 Block of the Month Club Meeting |
| 22 | 23 | 24 HM Lesson @ Grayson Co. | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 Happy Halloween | | | | |
| Enrollment Forms Due November 27 | | | | | | |

The Details

- 10/17: Young Club Meeting, 1pm @ Ext Office
- 10/18: Short Creek Club Meeting, 11am @ Ext Office
- 10/21: Block of the Month Club Meeting, 10am @ Ext Office

Reminders this month:

- Record any volunteer hours.
- Enrollment forms due at November Council Meeting
- Continued recruitment

Monthly Lesson Info

Everyone encouraged to attend

10/24: Emergency Health Information Cards, 1:30pm CT @ Grayson County Ext Office

Lesson by: Cabrina Buckman



= Volunteer Opportunity

October Notes

NOVEMBER 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|-------------------------------|-----------------------------|-----------------------------------|--|--------|---|
| | | | 1 | 2 | 3 | 4 5th Saturday & More Club Meeting |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 Council Meeting 3pm | 14 | 15 Short Creek Club Meeting | 16 | 17 | 18 Block of the Month Club Meeting |
| 19 | 20 | 21 Young Club Meeting | 22 | 23 Thanksgiving Holiday Office Closed | 24 | 25 |
| 26 | 27 Enrollment Forms Due | 28 | 29 | 30 | | |
| | | | | | | |

The Details

- 11/4: 5th Saturday, 10am @ Ext Office
- 11/13: Council Meeting, 3pm @ Ext. Office
- 11/15: Short Creek Club Meeting, 11am @ Ext Office
- 11/19: Block of the Month Club Meeting, 12pm @ Ext Office
- 11/21: Young Club Meeting, 1pm @ Ext Office
- 11/23-11/24: Thanksgiving Holiday – Office Closed

Lesson Info
Everyone encouraged
to attend

No Lesson
Happy Thanksgiving!

Reminders this month:

- Record any volunteer hours.
- Review program of work reports and update with any activities you have participated in since July 1.

November Notes

DECEMBER 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------------------|--------------------------|--------------------------------|----------|--------|--|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 Block of the Month Club Meeting |
| 17 | 18 | 19 Young Club Meeting | 20 Short Creek Club Meeting | 21 | 22 | 23 |
| 24 | 25 Merry Christmas | 26 | 27 | 28 | 29 | 30 5th Saturday & More Club Meeting |
| Christmas and New Year Holidays Office Closed | | | | | | |
| 31 | | | | | | |

The Details

12/16: Block of the Month Club Meeting, 10am @ Ext Office

12/19: Young Club Meeting, 1pm @ Ext Office

12/20: Short Creek Club Meeting, 11am @ Ext Office

12/25 – 1/1: Christmas and New Year Holidays – Office Closed

12/30: 5th Saturday & More Club Meeting, 10am @ Ext Office

Reminders this month:

- Record any volunteer hours.
- Review program of work reports and update with any activities you have participated in since July 1.

Lesson Info

Everyone encouraged to attend

No Lesson
Merry Christmas!



= Volunteer Opportunity

December Notes

JANUARY 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|-------------------------------------|----------------------------------|-----------------------------------|----------|---------------------------------|---|
| | 1 New Years Day Office Closed | 2 | 3 | 4 | 5 HM Lesson @ Grayson Co. | 6 |
| 7 | 8 Council Meeting 3pm | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 MLK Jr. Day Office Closed | 16 Young Club Meeting | 17 Short Creek Club Meeting | 18 | 19 | 20 Block of the Month Club Meeting |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 HM Lesson @ Grayson Co. | 31 | | | |
| | | | | | | |

The Details

- 1/1: New Year Holiday Observed, Office Closed
- 1/8: Council Meeting, 3pm @ Ext Office
- 1/15: MLK Jr. Day – Office Closed
- 1/16: Young Club Meeting, 1pm @ Ext Office
- 1/17: Short Creek Club Meeting, 11am @ Ext Office
- 1/20: Block of the Month Club Meeting, 10am @ Ext Office

Monthly Lesson Info

Everyone encouraged to attend

1/5: Organizing Tips for Increased Productivity, 2pm @ Grayson County Ext Office

Lesson by: *Natalie Taul*

1/30: Healthy Eating Around the World, 1:30pm @ Grayson County Ext Office

Lesson by: *Lynnette Allen*

Reminders this month:

- Record any volunteer hours.
- State contests due March 1st



= Volunteer Opportunity

January Notes

FEBRUARY 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---|--------------------------------|----------|--------|---------------------------------------|
| | | | | 1 | 2 | 3 5th Saturday & More Club Meeting |
| 4 | 5 | 6 Area HM Council Meeting @ Hardin Co. | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 Valentine's Day | 15 | 16 | 17 Block of the Month Club Meeting |
| 18 | 19 | 20 Young Club Meeting | 21 Short Creek Club Meeting | 22 | 23 | 24 |
| 25 | 26 | 27 HM Lesson @ Grayson Co. | 28 | 29 | | |
| | | | | | | |

The Details

- 2/3: 5th Saturday & More Club Meeting, 10am @ Ext Office
- 2/17: Block of the Month Club Meeting, 12pm @ Ext Office
- 2/20: Young Club Meeting, 1pm @ Ext Office
- 2/21: Short Creek Club Meeting, 11am @ Ext Office

Reminders this month:

- Record any volunteer hours.
- State contests due March 1st

Monthly Lesson Info
Everyone encouraged to attend

2/27: Self-Care, 1:30pm @ Grayson County Ext Office
Lesson by: Brittany Thomas

February Notes

MARCH 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|------------------------------|----------------------------------|-----------------------------------|----------|--------|--|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 Council Meeting 3pm | 12 | 13 | 14 | 15 | 16 Block of the Month Club Meeting |
| 17 | 18 | 19 Young Club Meeting | 20 Short Creek Club Meeting | 21 | 22 | 23 |
| 24 | 25 | 26 HM Lesson @ Grayson Co. | 27 | 28 | 29 | 30 5th Saturday & More Club Meeting |
| 31 | | | | | | |

The Details

- 3/11: Council Meeting, 3pm @ Ext Office
- 3/16: Block of the Month Club Meeting, 10am @ Ext Office
- 3/19: Young Club Meeting, 1pm @ Ext Office
- 3/20: Short Creek Club Meeting, 11am @ Ext Office
- 3/30: 5th Saturday & More Club Meeting, 10am @ Ext Office

Monthly Lesson Info

Everyone encouraged to attend

3/26: Herbs & Spices, 10:00am @ Grayson County Ext Office
Lesson by: Jennifer Bridge

Reminders this month:

- Record any volunteer hours.
- Register for State Meeting and book hotel room if needed.



= Volunteer Opportunity

March Notes

APRIL 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|--------------------------|--------------------------------|-------------------------------|--------|---------------------------------------|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 Young Club Meeting | 17 Short Creek Club Meeting | 18 | 19 | 20 Block of the Month Club Meeting |
| 21 | 22 | 23 | 24 | 25 HM Lesson @ Grayson Co. | 26 | 27 |
| 28 | 29 | 30 | | | | |
| Consider nominating yourself or someone else for homemaker of the year! The form can be found in your booklets! | | | | | | |

The Details

- 4/16: Young Club Meeting, 1pm @ Ext Office
 4/17: Short Creek Club Meeting, 11am @ Ext Office
 4/20: Block of the Month Club Meeting, 10am @ Ext Office

Monthly Lesson Info

Everyone encouraged to attend

4/25: Understanding & Preventing Suicide, time TBD @ Grayson County Ext Office

Lesson by: Marla Stillwell

Reminders this month:

- Record any volunteer hours.
- Send State Meeting registrations.



= Volunteer Opportunity

April Notes

MAY 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|-------------------------------------|------------------------------------|-----------------------------------|----------|--|---|
| | | | 1 | 2 | 3 | 4 5th Saturday & More Club Meeting |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| | | KEHA State Meeting Bowling Green | | | | |
| 12 | 13 Council Meeting 3pm | 14 | 15 Short Creek Club Meeting | 16 | 17 | 18 Block of the Month Club Meeting |
| 19 | 20 | 21 Young Club Meeting | 22 | 23 | 24 County Award Form Due | 25 |
| 26 | 27 Memorial Day Office Closed | 28 | 29 | 30 | 31 | |
| | | | | | | |

The Details

- 3/30: 5th Saturday & More Club Meeting, 10am @ Ext Office
- 5/13: Council Meeting, 3pm @ Ext Office
- 5/15: Short Creek Club Meeting, 11am @ Ext Office
- 5/18: Block of the Month Club Meeting, 12pm @ Ext Office
- 5/21: Young Club Meeting, 1pm @ Ext Office
- 5/27: Memorial Day – Office Closed

Award Form in booklet - only return 1 form per club

County
Award Info

- Homemaker of the Year Application
- Reading Award
- Perfect Attendance
- Years of Service
- New Member
- Volunteer Service Hours

Reminders this month:

- Record any volunteer hours.
- Discuss county awards at club meetings
- Register for County Annual Meeting



= Volunteer Opportunity

May Notes

JUNE 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--------------------------|--|----------|-----------------------------------|--|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 County Cultural Arts Entries | 8 County Annual Meeting |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 Block of the Month Club Meeting |
| 16 | 17 | 18 Young Club Meeting | 19 Short Creek Club Meeting Juneteenth Office Closed | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 5th Saturday & More Club Meeting |
| 30 | Plan of Work Report Forms Due at July Council Meeting! | | | | | |

The Details

- 6/8: County Annual Meeting, 10am @ Ext Office
- 6/15: Block of the Month Club Meeting, 10am @ Ext Office
- 6/18: Young Club Meeting, 1pm @ Ext Office
- 6/19: Short Creek Club Meeting, 11am @ Ext Office
- 6/29: 5th Saturday & More Club Meeting, 10am @ Ext Office

Club Reporting Information



Plan of Work Report Forms in booklet - only return 1 form per club. Non-traditional clubs may choose to turn in report forms individually. Only turn in individual forms if you were not included in the club report form.

Reminders this month:

- Record any volunteer hours.



= Volunteer Opportunity

June Notes



23-24



Forms

Check individual forms for
due dates

Club Officer, Chairman, & Lesson Leader Form (one form)

2023 Fair Volunteer Sign Up Form

Enrollment Form

Club Award Form

Homemaker of the Year Nomination Form

Officer Nomination Form

2023-2024 Club Officer, Chairman, & Lesson Leader Form

Club Name: _____

Return to Extension Office after August Club Meetings

Club Officers

President: _____

Vice President: _____

Secretary: _____

Treasurer: _____

Club Chairmen

Cultural Arts & Heritage: _____

Environment Housing & Energy: _____

4-H Youth Development: _____

Family & Individual Development: _____

Food Nutrition & Health: _____

International: _____

Leadership Development: _____

Management & Safety: _____

Lesson Leaders

August 30th:

September 26th:

October 24th:

January 5th:

January 30th:

February 27th:

March 26th:

April 30th:

2023 Fair Volunteer Sign Up Form

Name: _____

Phone Number: _____

Implementing the Family Living and Youth Divisions at the Fair is the Homemakers main source of income for the year. Please consider volunteering!

Natalie will be compiling all names from each sign-up sheet and creating a schedule that will be posted in the newsletter before fair. You will be contacted by Natalie once the schedule is complete.

Please mark which dates and times you are available to work.

Monday, August 28th | 10:30a – 7:00p | 10-15 volunteers needed

Item Entry Day: *volunteer will receive and record items in designated category, place tags on items, and organize items for judging. Please indicate if you are available for the whole shift (10:30am – 7pm) or only part of the shift (please indicate times you are available).*

Tuesday, August 29th | 8:30am – 4:00pm | 10-15 volunteers needed

Item Judging Day: *volunteers will assist judges, record placings, place ribbons, display items, and complete winner certificates for designated category. Duties may be completed by lunch depending on the number of entries, so you may be done with your responsibilities well before 4pm.*

August 29 – September 2 | 4:00pm – 9:00pm | 2 volunteers needed/night

Building Sitters: *Volunteers will sit in the building and keep watch over items ensuring that no one removes items before check-out day. Locks building before leaving for the evening.*

A pass to enter the fair free of charge will be provided to sitters each night they volunteer.

Tuesday, August 29th

Wednesday, August 30th

Thursday, August 31st

Friday, September 1st

Saturday, September 2nd

| |
|--------------------------|
| <input type="checkbox"/> |
| <input type="checkbox"/> |
| <input type="checkbox"/> |
| <input type="checkbox"/> |
| <input type="checkbox"/> |

Sunday, September 3rd | 1:00pm – 3:00pm | 3-4 volunteers needed

Item Check Out Day: *volunteers will gather items from all categories and assist in checking them out to the owner of the items.*

Grayson County Extension Homemakers Association
Enrollment Form 2023-2024

Deadline
November 27, 2023

Office Use Only: Date Received: _____ Paid: _____ Entered in Excel: _____

Name: _____ Birthday (month/day): _____

Address: _____

City, State: _____ Zip: _____

Email: _____

Phone: Home _____ Cell _____

Preferred Method of Contact:

Phone Call: _____ Text: _____ Email: _____ Reg. Mail: _____

Age Group: 15-19 20-24 25-34 35-44 45-54 55-64 65-74 75+
Circle

Gender: Female Male **Ethnicity (optional):** Hispanic Non-Hispanic
Circle

Race (optional): White Black or African American Asian/Pacific Islander
Circle American Indian Hawaiian Other

Are you a new member? _____ **Yes** _____ **No**

Membership Type:

_____ **Mailbox (\$15)** - Receives Homemaker Newsletter and copy of homemaker leader lesson handouts; attendance at meetings is not required. Can attend council meetings, Annual Day and homemaker events, if you choose.

_____ **Club (\$15)** - Receives Homemaker Newsletter. Attends club meetings as well as county leader lessons, council meetings, Annual Day and homemaker events.

___ *5th Saturday and More* - Meets six times per year at GC Extension Office

___ *Block of the Month* - Meets 3rd Saturday at 10am at GC Extension Office.

___ Will bring own sewing machine ___ Will need sewing machine provided

___ *Short Creek* - Meets 3rd Wednesday at 11am at GC Extension Office

___ *Young* - Meets 3rd Tuesday at 1pm at GC Extension Office

Interest in Participating:

_____ I would like to be added to the private Facebook page for members only.

Public Facebook page is @GraysonKEHA. Please like public page to be added to private page.

Please see reverse side for additional participation opportunities. Your selection of any leadership roles indicates your interest only, it is not a full commitment. You may be contacted for the roles you selected if needed. At that time you can accept or decline. It takes participation from our membership to keep the organization going. Please consider any of the following positions!

Grayson County Extension Homemakers Homemaker of the Year

Club Name _____

Member Name _____

Address _____

City _____

State _____

Zip _____

Date _____

Number of years you
have been a member: _____

(If you have dropped out as an active member for any reason, add the number of years previous, and the number of years since re-joining, as your total number of years as a member.)

Offices Held

Please indicate the years of service for each position held and add additional space if necessary

Local Club

County

Area

State

President _____

Vice-President _____

Secretary _____

Treasurer _____

Committee Chair _____

Lesson Leader/Cultural _____

Arts _____

Volunteer Hours

Do you keep track of
your volunteer hours? Yes _____ No _____

How many volunteer
hours did you have
last year? _____

Short Answer Responses

Please attach a separate document answering the following questions.

1. Summarize your involvement within the Homemaker Organization for the year.
2. Summarize your involvement within the community for the year.
3. Summarize your involvement within Extension for the year.
4. List special awards or honors received from the Homemaker's Association *(such as attendance, reading, etc.)*
4. How has being a member of the Extension Homemakers affected your life?
5. Describe the way you manage your family's food supply.

5/22/07

Revised 1/13/23

OFFICER NOMINATION FORM

Check One: County _____ Area _____

NAME OF NOMINEE _____

ADDRESS OF NOMINEE _____

Phone _____ Email _____

Nomination for:(check one) President () President-Elect ()
 Vice-President () Secretary () 1st Vice-President for Program ()
 Treasurer () 2nd Vice-President for Member Resources ()

Personal Sketch of Nominee:

Hobbies _____

Offices Held in KEHA and Number of Years in Each Office:

| Offices Held: | Local Club | County | Area | State |
|---|------------|--------|------|-------|
| President | | | | |
| Vice President | | | | |
| Secretary | | | | |
| Treasurer | | | | |
| Educational Chairman List: | | | | |
| Committee Chairman List: | | | | |

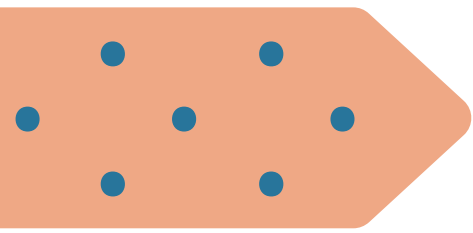
Other: Community organizations in which the nominee has served as an officer (list and give offices held), committees served on, awards received:

To be signed by the Nominee

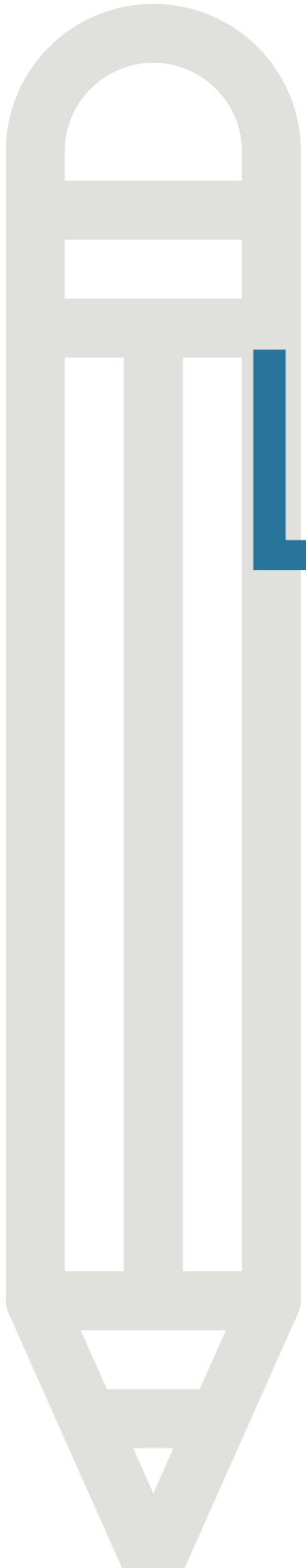
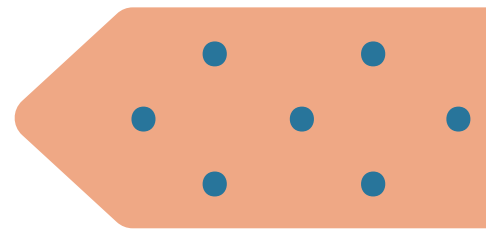
Additional comments on this nominee from a Homemaker member or agent. (An ability to assume leadership in Homemakers programs would be of great help, especially in the area you are submitting credentials.)

SIGNED: _____

Please do not include any information except this form and do not include additional pages. All information should be included on this form.



23-24



Lessons



2023-2024 Grayson County Homemaker Lesson Schedule

5.3.2023

| | |
|---|---|
| <p>August 30th Hardin County Extension Office 9:30-11:30 AM CT</p> | <p>Identity Theft, Avoiding Fraud & Leadership Training - Identity theft is the most reported type of fraud complaint received by the Federal Trade Commission. Learn what identity theft is and how to reduce the risk, as well as what to do if it does happen to you. Curriculum materials include publication, facilitator guide, PowerPoint slides, participant activities, marketing tools, and evaluation. Americans lose billions of dollars each year to fraud. Anyone could become a victim. Stay safe by learning to recognize red flags of a scam and take steps to protect yourself from fraud. Curriculum materials include publication, facilitator</p> |
| <p>September 26th Grayson County Extension Office 10:00 AM CT</p> | <p>Coping with Trauma After Natural Disaster - This lesson will focus on coping with trauma that may occur after a natural disaster. However, leaders should keep in mind that trauma can result from other forms of loss besides a natural disaster. Trauma is our body's response when we experience an event that is life-threatening or emotionally hurtful. A simple way to think about trauma is to consider the most stress you can handle in response to an uncontrollable event. In many cases, the event disrupts your ability to cope because of the significant loss of relationships and things necessary to meet your basic needs. For example, trauma can occur when lose loved ones, friends, personal possessions, or critical parts of your community. The lesson will provide valuable tips and skills to aid in recognizing and coping with trauma as well as how to help others in the community who might experience trauma.</p> |
| <p>October 24th Grayson County Extension Office 1:30 PM CT</p> | <p>Emergency Health Information Cards - An Emergency Health Information (EHI) Card can be a helpful tool to have. If you are ever in an emergency where you need immediate medical treatment, but are not able to communicate with first responders, an EHI Card can tell medical providers important information about how to help you. This lesson focuses on who can benefit from carrying an EHI card, information that should, and should not be included on an EHI Card, and where to put copies of an EHI Card. Curriculum materials include EHI Card template, participant handout, facilitator guide, PowerPoint slides, and evaluation. This lesson is part of the Management & Safety Program of Work for 2023-2026.</p> |
| <p>January 5th Grayson County Extension Office 2:00 PM CT</p> | <p>Organizing Tips for Increased Productivity - Productivity allows us to make progress on and complete necessary tasks. However, many people are not as productive as they would like to be. Through this lesson, you will learn how clutter and disorganization can negatively affect your productivity. You also will gain ideas for better ways to organize your time and workspace. Curriculum materials include publication, facilitator guide, PowerPoint slides, participant activities, and evaluation.</p> |
| <p>January 30th Grayson County Extension Office 1:30 PM CT</p> | <p>Healthy Eating Around the World - We'll take a trip around the globe to learn about dietary recommendations from other countries. Along the way, we'll learn about new foods and ways of eating. As we arrive back in the U.S., we'll reflect on what we learned and see how advice about a healthy diet is remarkably similar, no matter where on Earth we live. This lesson includes a facilitator guide, publication, training slides, leader lesson letter, activities, marketing pieces, and an evaluation. This lesson is part of the International Program of Work for 2022-2024.</p> |

2023-2024 Grayson County Homemaker Lesson Schedule

5.3.2023

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| <p>February 27th Grayson County Extension Office 1:30 PM CT</p> | <p>Self-Care - Self-care is about realizing and prioritizing one's own importance and well-being. It means not ignoring individual needs, including things that feel good and spark happy feelings. Self-care is about extending the same time, kindness, and consideration to yourself as you do to those around you. This KEHA lesson will help participants take control of their own well-being beyond the basic self-care recommendations (eat, move, manage stress, sleep). This lesson will focus on self-pampering. It will highlight healthy adornment practices that can help us feel good in the moment – from sheets to hair accessories. Program materials will include a facilitator guide, training slides, publications, podcast recordings, mailbox club member materials, and an evaluation. This lesson is part of the Family and Individual Development Program of Work for 2022-2025.</p> |
| <p>March 26th Grayson County Extension Office 10:00 AM CT</p> | <p>Herbs & Spices - Individuals preparing meals at home are more likely to meet the daily recommendations for fruits, vegetables, and whole grains. However, individuals share they find it difficult to add flavor while keeping their meals healthy. This lesson encourages participants to use herbs to add flavor and make nutritious meals more exciting. The lesson goal is to increase knowledge about various types of herbs and how to incorporate them into food preparation and cooking. Lesson materials include a publication, logo, facilitator guide, leader lesson letter, flyer, PowerPoint presentation, evaluation, crossword puzzle, and five other activity options. Individuals preparing meals at home are more likely to meet the daily recommendations for fruits, vegetables, and whole grains. However, individuals share they find it difficult to add flavor while keeping their meals healthy. This lesson encourages participants to use spices to add flavor and make nutritious meals more exciting. The lesson goal is to increase knowledge about various types of spices and how to incorporate them into food preparation and cooking. Lesson materials include a publication, logo, facilitator guide, leader lesson letter, flyer, PowerPoint presentation, evaluation, word scramble activity, and five other activity options. This lesson supports the 2022-2024 Food, Nutrition, and Health Program of Work.</p> |
| <p>April 30th Virtual Time TBD</p> | <p>Understanding & Preventing Suicide - The thought of someone taking their own life is difficult to think about much less talk about. This is because the loss of someone in our family or community to suicide affects us, leaving us with questions or feelings of powerlessness. This lesson will focus on understanding some of the causes of suicide, the risk of suicide in farmers and rural communities, and how to recognize the warning signs for suicide. Additionally, the lesson will cover key tips on how to prevent suicide and what to do if someone you know is struggling with thoughts of suicide.</p> |



Preface

The KEHA Cultural Arts and Heritage Program area annually sponsors a reading program. Extension Homemakers may participate by reading one book from six of these nine categories: the arts; biography; family and consumer sciences; fiction; history; Kentucky; religion and spirituality; travel; and classics and old favorites. Keep a record of the books read and submit the record to the club Cultural Arts and Heritage chair. The club chair should forward that information to the county chair or to the extension agent. Qualified readers may receive the Cultural Arts Reading Award Bookmark recognition at the county level. Counties are responsible for printing their own bookmark. The bookmark is available for download on the KEHA Cultural Arts and Heritage web page.

This is only a suggested list. You may choose your own titles. Your local public librarian may have other suggestions. Local libraries usually belong to the Kentucky Library Network, which allows individuals to borrow books from other libraries through interlibrary loan. If you cannot find the book you wish to read at your local library, ask about this service.

Kelly May (KEHA State Advisor)

Kentucky Extension Homemaker's Association

Cultural Arts and Heritage



Book List

2023-2024

Arts

The 99 Percent Invisible City: A Field Guide to the Hidden World of Everyday Design by Roman Mars & Kurt Kohlstedt (2020)

This book is an appreciation of the unnoticed, and often forgotten, works of art and design around us. From the 99% Invisible podcast, Mars and Kohlstedt breakdown architectural designs by explaining their origins, purposes, and how they have changed throughout history. Not only does this book provide great insights, but it is also visually stunning, featuring intricate diagrams among the discussion.

An American in Provence: Art, Life and Photography by Jamie Beck (2022)

Through photography, renowned photographer and co-creator of Cinemagraph, Jami Beck provides a memoir of her time in France and life as an artist. In addition to the accumulation of incredible photographs, Beck includes recipes from her travels and her own tips and techniques for capturing beautiful photos. This book provides inspiration for artists and travelers alike.

But Have You Read the Book? 52 Literary Gems That Inspired Our Favorite Films by Kristen Lopez (2023)

Within these pages, Turner Classic Movies offers an endlessly fascinating look at 52 beloved screen adaptations and the great reads that inspired them. Some films, like *Clueless*—Amy Heckerling’s interpretation of Jane Austen’s *Emma*—diverge wildly from the original source material, while others, like *One Flew Over the Cuckoo’s Nest*, shift the point of view to craft a different experience within the same story. Author Kristen Lopez explores just what makes these works classics of both the page and screen, and why each made for an exceptional adaptation—whether faithful to the book or exemplifying cinematic creative license.

The Chalk Art Handbook: How to Create Masterpieces on Driveways and Sidewalks and in Playgrounds by David Zinn (2021)

Chalk art has become a great way to have fun at home while enjoying some fresh air. This book offers budding artists a review of the tools involved, as well as tips and tricks for creating an array of sidewalk creatures.

Cinema Speculation by Quentin Tarantino (2022)

This book is a blend of history and appreciation from Quentin Tarantino and the 1970’s films that inspired his own filmmaking. Through personal essays, Tarantino gives thoughtful reviews and speculation as he reflects on the films he has produced. Cinema Speculation is an invaluable perspective on the industry of cinema as an art form.

Downtown Abbey: A New Era: The Official Film Companion by Emma Marriott & Gareth Neame (2022)

The worldwide phenomenon and multi-award-winning *Downton Abbey* returns to the big screen with a movie sequel starring the Crawley family and their household staff—and the *Downton Abbey: A New Era: The Official Film Companion* is the *Downton* fan’s front-row ticket to all the behind-the-scenes action.

Furoshiki and the Japanese Art of Gift Wrapping by Tomoko Kakita (2021)

In Japan, gift-giving is an important cultural ritual, and the presentation is just as important as the gift itself. Learn 30 exquisite yet easy wrapping styles, involving knotted or intricately folded Furoshiki cloth, to wrap bottles, bouquets of flowers and other presents. You can also use Furoshiki to wrap and carry all sorts of everyday items.

Major Labels: A History of Popular Music in Seven Genres by Kelefa Sanneh (2021)

In *Major Labels*, Sanneh distills a career’s worth of knowledge about music and musicians into a brilliant and omnivorous reckoning with popular music—as an art form (actually, a bunch of art forms); as a cultural and economic force; and as a tool that we use to build our identities.

Nashville City Blues by James Talley & Peter Guralnicle (2023)

For many diehard music fans and critics, Oklahoma-born James Talley ranks among the finest of American singer-songwriters. Talley’s unique style—a blend of folk, country, blues, and social commentary—draws comparisons with the likes of Woody Guthrie, Merle Haggard, and Johnny Cash. In this engaging, down-to-earth memoir, Talley recalls the highs and lows of his nearly fifty-year career in country music.

Queen Elizabeth II: Celebrating the Legacy and Royal Wardrobe of Her Majesty the Queen, Who Reigned in Style for a Historic Seventy Years by Jane Eastoe (2023)

Exquisite and sumptuous, immaculately tailored, dignified and, above all, practical. The wardrobe of Queen Elizabeth II was as distinctive in style as her position in the world was unique. This remarkable book is a fond reflection of the days when her Majesty led the field in fashion, showcasing some of the world's best designers.

The Wind at My Back: Resilience, Grace, and Other Gifts from My Mentor Raven Wilkinson by Misty Copeland (2022)

A true story of a mentor leading the way for Misty Copeland, the first African-American principal ballerina at the American Ballet Theatre. Starting out in the 1950’s, Raven Wilkinson was met with prejudice and hostility for being black and performing ballet. Copeland brings light to the efforts made by her mentor, and even shares her own encounters with racism on her road to triumph.

Biography

Forever Young: A Memoir by *Hayley Mills* (2021)

Iconic actress Hayley Mills shares personal memories from her storied childhood, growing up in a famous acting family and becoming a Disney child star, trying to grow up in a world that wanted her to stay forever young. In this charming and forthright memoir, she provides a unique window into a time when Hollywood was still 'Tinseltown'.

Friends, Lovers, and the Big Terrible Things: A Memoir by *Matthew Perry* (2022)

In an extraordinary story that only he could tell—and in the heartfelt, hilarious, and warmly familiar way only he could tell it—Matthew Perry lays bare the fractured family that raised him (and left him to his own devices), the desire for recognition that drove him to fame, and the void inside him that could not be filled even by his greatest dreams coming true. But he also details the peace he’s found in sobriety and how he feels about the ubiquity of *Friends*, sharing stories about his castmates and other stars he met along the way.

Going There by *Katie Couric* (2021)

For more than forty years, Katie Couric has been an iconic presence in the media world. In her brutally honest, hilarious, and heartbreaking memoir, she reveals what was going on behind the scenes of her sometimes tumultuous personal and professional life - a story she's never shared, until now.

The Growing Season: How I Built a New Life—and Saved an American Farm by *Sarah Frey* (2020)

The “Growing Season” tells the inspiring story of how a scrappy rural childhood gave Sarah Frey the grit and resiliency to take a risk that paid off. With freshness and creativity, Frey has grown one of the largest produce companies in the history of America.

The Hag: The Life, Times and Music of Merle Haggard by *Marc Eliot* (2021)

Merle Haggards contributions to country music cannot be overstated. Take a deep dive through the depths of the *Okie from Muskogee*’s five-decade long career. Merle's music and his extraordinary charisma helped change the look and sound of American music.

The Light We Carry: Overcoming in Uncertain Times by *Michelle Obama* (2022)

Michelle Obama offers readers a series of fresh stories and insightful reflections on change, challenge, and power, including her belief that when we light up for others, we can illuminate the richness and potential of the world around us. Drawing from her experiences as a mother, daughter, spouse, friend, and First Lady, she shares the habits and principles she has developed to successfully adapt to change and overcome various obstacles.

Nobody Will Tell You This But Me: A True (As Told to Me) Story by *Bess Kalb* (2021)

Even after she left home for Hollywood, Emmy-nominated TV writer Bess Kalb saved every voicemail her grandmother Bobby Bell ever left her. Bobby was a force—irrepressible, glamorous, unapologetically opinionated. Bobby doted on Bess; Bess adored Bobby. Then, at ninety, Bobby died. But in this debut memoir, Bobby is speaking to Bess once more, in a voice as passionate as it ever was in life recounting both family lore and family secrets.

No Time Like the Future: An Optimist Considers Mortality by *Michael J. Fox* (2020)

From the well-known actor of *Back to the Future*, Michael J. Fox reflects on thoughts of his own morality as he has aged with illness. Diagnosed with Parkinson's disease at the age of twenty-nine, Fox has been an outspoken advocate for bringing awareness to the disease, in hopes of finding a cure. This is a memoir of personal resilience, wisdom, and the choice of optimism through loss and hardship.

Family and Consumer Sciences

At Home with Nature: A Guide to Sustainable, Natural Landscaping by *John Gidding* (2023)

Increased awareness of the environment and an ever-present interest in curb appeal means that homeowners are eager for more sustainable, natural landscaping. And why shouldn't they be? In addition to supporting local flora and fauna, ditching grass for lush, native plants helps lower water bills and results in self-sustaining gardens long-term. In John Gidding's *At Home with Nature*, American homeowners will find thorough blueprints to reap these benefits and bring their dream garden to life.

Attainable Sustainable: The Lost Art of Self-Reliant Living by *Kris Bordessa* (2020)

Sustainability-guru Kris Bordessa offers DIY lovers an indispensable home reference for sustainability in the 21st century. Whether you live in a city, suburb, or the country, this essential guide for the backyard homesteader will help you achieve a homespun life--from starting your own garden and pickling the food you grow to pressing wildflowers, raising chickens, and creating your own natural cleaning supplies.

Baking Yesteryear: The Best Recipes From the 1900s to the 1980s by *B. Dylan Hollis* (2023)

Travel back in time on a delicious decade-by-decade jaunt as Dylan shows you how to bake vintage forgotten greats. With a big pinch of fun and a full cup of humor, you'll be baking everything from Chocolate Potato Cake from the 1910s to Avocado Pie from the 1960s.

The Food-Saver's A-Z: The Essential Cornersmith Kitchen Companion by *Alex Elliott & Jaimee Edwards* (2023)

This timeless resource is packed with ideas and advice for reducing food waste and making great meals with what you already have, whether that's half a jar of tomato paste, a handful of green beans that have seen better days or a whole cauliflower that looked beautiful at the shops but now gives you the guilts. You'll find waste hacks, storage tips, swaps and shortcuts for more than 150

common vegetables, fruits and kitchen staples, as well as hundreds of recipes from the popular Cornersmith Cooking School.

The Garden Refresh: How to Give Your Yard Big Impact on a Small Budget by *Kier Holmes* (2022)

Garden designer Kier Holmes shares everything you need to create a productive and lush garden that can truly be used and enjoyed. Packed with hundreds of tips on design, plant selection, and how to address problematic situations, it also has information on which hardscape elements are worth the splurge, how to decide where to start, and how to reduce maintenance through design.

The Good Life: Lessons from the World's Longest Scientific Study of Happiness by *Robert Waldinger and Marc Schulz* (2023)

What makes for a happy life? The simple but surprising answer is relationships. The good life shows us how we can make our lives happier and more meaningful.

A Healthier Home: The Room-by-Room Guide to Make Any Space a Little Less Toxic by *Shawna Holman* (2023)

With all the time spent at home in recent years, you probably realize how much the inside of your home contributes to your mental and physical health, for better or worse. But did you know that the Environmental Protection Agency estimates that indoor air is 2–5 times (and occasionally more than 100 times) more polluted than outdoor air?

How to Keep House While Drowning: A Gentle Approach to Cleaning and Organizing by *K. C. Davis* (2022)

If you're struggling to stay on top of your to-do list, you probably have a good reason: anxiety, fatigue, depression, ADHD, or lack of support. For therapist KC Davis, the birth of her second child triggered a stress-mess cycle. The more behind she felt, the less motivated she was to start. She didn't fold a single piece of laundry for seven months. One life-changing realization restored her sanity—and the functionality of her home: You don't work for your home; your home works for you.

My Hygge Home: How to Make Home Your Happy Place by *Meik Wiking* (2022)

Hygge (pronounced *hoo-ga*) is the art of surrounding yourself in comfort and is at the core of Danish culture in creating a happy space. With simple tips based on new research from The Happiness Institute in Copenhagen, this book reveals what makes a happy home: including the difference between space and size, the importance of lighting, and how to foster better connections with our loved ones.

Rigging the Game: How to Achieve Financial Certainty, Navigate Risk and Make Money on Your Own Terms by *Dan Nicholson* (2022)

This book offers advice on how to strategically meet your aspirations and to become financially secure. Nicholson argues that success is a derivative of how well your actions align with the goals that truly matter to you. By accounting for preconceived notions that you may have, and turning your dreams into manageable and direct steps, it is possible to become successful.

Young Forever: The Secrets to Living Your Longest, Healthiest Life by *Mark Hyman* (2023)

Young forever frames aging as a disease, one that can be treated with actionable steps. By examining the root causes and side effects of aging, Dr. Hyman gives a guided list of science-based strategies to improve and maintain your overall health. Our diet and lifestyles have a lasting impact on how we age, and with simple changes we can have more sustainable and longer lives.

Fiction

A Woman in Time by *Bobi Conn* (2022)

The McKenzie women, empowered with a formidable history rooted in the foothills of Appalachia, have passed down their folk-healing wisdom through generations. Rosalee, the last living headstrong daughter in Granny McKenzie's line, soaked up everything she could about the secrets of the forest before a series of tragedies left her alone, without the protection of the women who came before her.

Babel, or the Necessity of Violence by *R.F. Kuang* (2022)

Orphaned from an early age, in 1828 Robin Swift is brought from China to London to be taught in the linguistics of Latin, Ancient Greek, and Chinese. His training for the sole purpose of being enrolled in the world's most renowned institute of translation, Babel. Through translation and the use of magic, hidden knowledge can be obtained to aid the British Empire's goal of colonization. Once Britain begins to set its eyes on China, Robin encounters a revolting organization determined to end the Empire's expansion, forcing him to decide where his loyalties lie.

The Clover Girls by *Viola Shipman* (2021)

Four girls meet at Camp Birchwood in 1985 and become fast friends. But, in their last summer, they are pulled apart. Approaching middle age, they are brought together again by strange and tragic circumstances.

Demon Copperhead by *Barbara Kingsolver* (2022)

A retelling of Charles Dickens' classic bildungsroman *David Copperfield*, but with a twist. This story transports readers to the mountains of southern Appalachia where a young man faces foster care, child labor, derelict schools, athletic success, addiction, disastrous loves, and crushing losses.

The Girl in His Shadow by *Audrey Blake* (2021)

A little girl is taken in by her family's physician when he discovers that the rest of her household has perished from Cholera. She becomes his "right-hand man" as she tries to express her gratitude

(and earn her keep) by assisting with his surgeries. Against all odds, she pursues a medical degree during an era when it was considered scandalous to do so.

The Henna Artist by *Aika Joshi* (2020)

Escaping from an arranged and abusive marriage, seventeen-year-old Lakshmi makes her way from her rural village to the vibrant city of Jaipur. There, she becomes the henna artist (and most in demand confidant) of the wealthy women of the upper class. But, trusted with the secrets of the wealthy, she can never reveal her own.

In Five Years by *Rebecca Serle* (2020)

“Where do you see yourself in five years?” For Dannie Kohan, this question is easy to answer. She has always lived her life through carefully calculated actions, and with great success. By landing a promising job for her career and recently becoming engaged, life seems to be going exactly to plan, that is until Dannie mysteriously awakens to spend a single-hour five-years in the future. Nothing is how she would imagine, and certainly not how she would plan. Now returned to the present, she is left to question the events that lead to this shocking future.

Lessons in Chemistry by *Bonnie Garmus* (2022)

Set in the early 1960's. Once a female chemist in the male dominated Hastings Research Institute, Elizabeth Zott is now faced with the challenge of being a single mother and the host of the cooking show *Supper at Six*. Although reluctant at first, Elizabeth finds herself an American sensation, providing her with a stage where her voice can be heard. Using her newfound influence, she begins challenging the status quo by empowering women and not only showing them how to cook, but also their worth.

Maame by *Jessica George* (2023)

A distant but overbearing mother, an ill father suffering from Parkinson's disease, and an unpleasant boss in a racially uniform workplace. Maddie is understandably eager to experience her own coming of age story. Through a captivating tale of meaningful relationships, themes of racism and familial responsibility, this novel embraces the rewarding awkwardness of finding one's sense of self.

The Maid by *Nita Prose* (2022)

Follow the charming neurodivergent maid, Molly Gray, as she reflects on the recent loss of her Gran, the social complexities of the world, and the awe of being a maid. Through unfortunate, yet at times amusing, misunderstandings Molly becomes the lead suspect for the murder of the hotel's most astute guest, Mr. Black. A surprisingly lighthearted and wholesome story amid a murder mystery.

Red at the Bone by *Jacqueline Woodson* (2019)

A powerful story of family, Woodson's novel examines how history, community and shared experiences form the life of a baby. Following a family through the generations from the Tulsa

Race Riots, *Red at the Bone* also looks at the way the young look at life and make decisions that have far-reaching results.

The Second Life of Mirielle West by Amanda Skenandore (2021)

Based on the little-known true story of America's only leper colony, *The Second Life of Mirielle West* brings to life the Louisiana institution known as Carville where thousands of people were stripped of their rights, branded as lepers, and forcibly quarantined throughout the 20th century.

When the Meadow Blooms by Ann H. Gabhart (2022)

If any place on God's earth was designed to help one heal, it is Meadowland. Surely here, at her brother-in-law's Kentucky farm, Rose and her daughters can recover from the events of the recent past--the loss of her husband during the 1918 influenza epidemic, her struggle with tuberculosis that required a stay at a sanatorium, and her girls' experience in an orphanage during her illness. At Meadowland, hope blooms as their past troubles become rich soil in which their faith can grow.

The Yellow Bird Sings by Jennifer Rosner (2020)

Inspired by true stories of Jewish children hidden during the Second World War. As Nazi soldiers round up the Jewish people of their town, Roza and her 5-year-old daughter Shira flee to seek shelter in a neighbor's barn. Hidden day and night in a hay loft, Shira struggles to stay still and quiet.

History

The 1619 Project: A New Origin Story by Nikole Hannah-Jones (2021)

Often referred to as the original sin of the country, in 1619 the first ship of enslaved African people arrived in the colony of Virginia. Through the culmination of thirty-six creative works and eighteen essays, this book depicts the legacy of slavery that has been woven through American society. By examining struggles between current movements toward equality and systems that disparage based upon race, the 1619 Project argues that the legacy of slavery continues to guide the United States.

American Sirens: The Incredible Story of the Black Men Who Became America's First Paramedics by Kevin Hazzard (2022)

A fascinating, non-fiction book about how the paramedic and emergency medical technician program started in the Pittsburgh, PA area and spread throughout the country. If you grew up in the time when the undertaker was the emergency response person with their hearse, this book will help you appreciate today's trained and qualified responders in their equipped vehicles.

Caste: The Origins of Our Discontents by Isabel Wilkerson (2020)

By developing an understanding of commonalities in the caste systems of Nazi Germany, India, and the personal accounts of American citizens, Wilkerson demonstrates how the United States currently operates under a caste system. She even notes how America's treatment toward people of

color was studied by the Nazi regime in the efforts to alienate the Jews. Further arguing that the hierarchy in America is ultimately destructive for our health and culture.

Facing the Mountain: A True Story of Japanese American Heroes in World War II by *Daniel James Brown* (2021)

This book chronicles the lives of several Japanese-Americans who volunteered for military service, and whose families ended up in internment camps. Learn about a part of American history of which many are less aware of through the experiences of those who lived it.

Half American: The Epic Story of African Americans Fighting World War II at Home and Abroad by *Matthew Delmont* (2022)

Over one million Black men and women served in World War II. Black troops were at Normandy, Iwo Jima, and the Battle of the Bulge, serving in segregated units and performing unheralded but vital support jobs, only to be denied housing and educational opportunities on their return home. Without their crucial contributions to the war effort, the United States could not have won the war. And yet the stories of these Black veterans have long been ignored, cast aside in favor of the myth of the “Good War” fought by the “Greatest Generation.”

Hell's Half-Acre: The Untold Story of the Benders, a Serial Killer Family on the American Frontier by *Susan Jonusas* (2022)

In 1873 the people of Labette County, Kansas made a grisly discovery. Buried by a trailside cabin beneath an orchard of young apple trees were the remains of countless bodies. Below the cabin itself was a cellar stained with blood. The Benders, the family of four who once resided on the property were nowhere to be found. The discovery sent the local community and national newspapers into a frenzy that continued for decades, sparking an epic manhunt for the Benders.

Kentucky Innovators: Famous (and Infamous) Kentuckians Who Led the Way in Their Field by *Paul W. Bass* (2022)

This book presents seventy-five exceptional Kentuckians who have made significant contributions from across many walks of life. They include groundbreakers across many diverse fields including entertainment and the fine arts, education and literature, business and industry, science and technology, politics and the military, athletics, and more.

Sisters of Mokama: The Pioneering Women Who Brought Hope and Healing to India by *Jyoti Thottam* (2022)

In the 1940s, a group of six Kentucky nuns set up a health clinic, hospital, and nurse’s training school in the poorest state of India. From their overland travels and boat journey to their challenges of setting up their facilities, this story will touch your heart. This is the story as told by a daughter of one of the nurses who trained under the nuns.

Undelivered: The Never-Heard Speeches that Would Have Rewritten History by *Jeff Nussbaum* (2022)

A well-constructed speech has the power to change the world. In this book, Jeff Nussbaum explores the greatest speeches that were never given. From Eisenhower's speech after the failure of the D-Day invasion to Hillary Clinton's 2016 presidential election victory speech; this carefully annotated edition walks you through histories that may have come to pass.

We Don't Know Ourselves: A Personal History of Modern Ireland by *Fintan O'Toole* (2021)

Fintan O'Toole describes the many changes he has witnessed of Ireland in his lifetime. From a revolution, the toppling power of the Catholic Church, to the influence of America, Ireland's technological and socioeconomical enhancements are captured in this personal retelling of its history.

Kentucky

Drowned Town by *Jayne Moore Waldrop* (2021)

A fictional narrative of the very real benefits and consequences from the impoundment of the Tennessee and Cumberland Rivers. Ultimately this project was for the public good by providing an inflow of revenue for the economy, as well as flood control and electricity using dams. However, those who moved for the sake of creating these national recreation areas lost a far greater deal than they expected. Following the friendship of two women, it becomes apparent the connection people had between these rivers and the land surrounding them.

Kentucky Passion: Wildcat Wisdom and Inspiration by *Del Dudit* (2021)

Readers will learn how they too can rise to challenges and find success through the inspiring stories from Wildcat history. The book showcases legendary coaches including Adolph Rupp, Joe B. Hall, Rick Pitino, Tubby Smith, and John Calipari; standout players including John Wall, Kyle Macy, DeAndre Liggins, Goose Givens, and Aaron Harrison; and indelible highs and lows that illustrate the value of persistence, hard work, resiliency, teamwork, and more.

My Old Kentucky Home: the Astonishing Life and Reckoning of an Iconic American Song by *Emily Bingham* (2021)

Written by Stephen Foster nine years before the Civil War, "My Old Kentucky Home" made its way through wartime years to its decades-long run as a national minstrel sensation for which it was written. Bingham explores the song's history and permutations from its decades of performances across the continent, entering the bloodstream of American life, through its twenty-first-century reassessment.

Sown in the Stars: Planting by the Signs by *Sarah L. Hall* (2023)

A collection of practices from eastern and central Kentucky farmers that follow astrological signs when growing their crops. Some believe the moon's impact on crop growth is seeded in science, while others believe the tradition has a broader influence on our lives. Through the lens of astrology and astronomy, Hall examines the connections between the natural world and these traditions.

Waveland's Treasures: 50th Anniversary of Waveland State Historical Site by *J. Robert Willcutt* (2021)

Historic Waveland Mansion is one of the finest examples of Ante Bellum architecture in the state, preserved today as a museum complete with period 19th century furniture and pre-Civil War charm. To celebrate its 50th Anniversary as a state historic site, this book features over 200 photographs of the mansion, its rooms, furniture, outbuildings, and grounds, taken by award-winning photographer Bob Willcutt.

What Things Cost: An Anthology for the People Edited by *Rebecca Gayle Howell, Ashley M. Jones* (2023)

Using Martin Luther King Jr.'s call for a "multiracial coalition of the working people" and his hopes continued in the Poor People's Campaign as a testament, Jones and Howell brought together a collection of stories demonstrating the consequences of laboring in America. From the literary works of an immensely diverse group of American poets and writers, including the writings of Silas House and Crystal Wilkinson, this anthology examines the costs of striving for a more just economy and labor system.

Religion and Spirituality

8 rules of Love: How to Find it, Keep it, and Let it Go by *Jay Shetty* (2023)

Nobody sits us down and teaches us how to love. So, we're often thrown into relationships with nothing but romance movies and pop culture to help us muddle through. Jay Shetty is a former monk, award-winning storyteller, author, and podcast host with the ability to make the timeless feel more timely and ancient wisdom seem so practical.

Becoming Free Indeed: My Story of Disentangling Faith from Fear by *Jinger Vuolo* (2023)

Vuolo gives a heartfelt reflection on her beliefs and interprets how she once let fear guide her faith. Contrasting her own up bringing into faith compared to that of her brother-in-law's faith, Vuolo realized she had let constricting rules guide her life, not God's word. Through reflection, family influence, and the help of pastor Jeremy Vuolo, she has developed a new sense of faith and conviction.

Chasing Vines: Finding Your Way to an Immensely Fruitful Life by *Beth Moore* (2021)

Bestselling author Beth Moore discusses her life-changing quest of vine-chasing--learning how everything changes when you discover the true meaning of a fruitful, God-pleasing, meaning-filled life.

From Strength to Strength: Finding Success, Happiness, and Deep Purpose in the Second Half of Life by *Arthur C. Brooks* (2022)

Drawing on social science, philosophy, biography, theology, and eastern wisdom, as well as dozens of interviews with everyday men and women, Harvard professor Brooks shows us that true life success is well within our reach. By refocusing on certain priorities and habits that anyone can

learn, such as deep wisdom, detachment from empty rewards, connection and service to others, and spiritual progress, we can set ourselves up for increased happiness.

The Half Known Life: In Search of Paradise by *Pico Lyer* (2023)

Paradise is an ideal many of us strive for, a utopia to give us peace away from pain and hardship. For some, this ideal ties into concepts of faith and the afterlife. Through an in-depth exploration of varying religions and cultures around the world, Lyer questions if paradise is only obtainable after death or can we find a way to realize it in this life.

Wake Up with Purpose! What I've Learned in My First Hundred Years by *Sister Jean Dolores Schmidt & Seth Davis* (2023)

"I've seen so many changes in the last 102 years, but the important things remain the same." Sister Jean shares wisdom from her lifetime of serving spiritual guidance. Religious sister of the Sisters of Charity of the Blessed Virgin Mary and team chaplain of Loyola's men's basketball team, Sister Jean reflects on 102 years of lived experience to share on the lessons she has learned.

Walking the Line: 90 Devotions of Truth and Hope Based on the Faith of Johnny Cash by *DaySpring and John R. Cash Revocable Trust* (2023)

Learn how Johnny Cash lived a life of faith by "walking the line" in his own walk with God. Each of the 90 short devotions in this book contains quotes from Cash and a brief guided prayer. The reverence, spirit, and humor of Johnny Cash is certain to inspire you to walk closer with God in your own life.

The Woman God Created You to Be: Finding Success Through Faith -- Spiritually, Personally, and Professionally by *Kimberla Lawson Roby* (2020)

The author bravely---and transparently---has written about her flaws, fears, and failures, as well as her faith, courage, and successes. She reminds us that when we trust and depend on God---heart, mind, and soul---He will empower us to do more than we ever thought imaginable.

Travel

Maiden Voyages: Magnificent Ocean Liners and the Women Who Traveled and Worked Aboard Them by *Siân Evans* (2021)

The ocean liner was a microcosm of contemporary society, divided by class: from the luxury of the upper deck, playground for the rich and famous, to the cramped conditions of steerage or third-class travel. This book captures the golden age of ocean liners through the stories of the women whose transatlantic journeys changed the shape of society on both sides of the globe.

A Place in the World: Finding the Meaning of Home by *Frances Mayes* (2022)

A personal testament of travels abroad and building a sense of home. Mayes' reflects on the many 'homes away from home' she has lived in during her travels across Italy, South America, France,

and Mexico. This book examines how many characteristics of a home, including the ambience, culture, and camaraderie made along the way can stick with us throughout our own travels.

High, Wide, & Handsome: An American Journey by *Julian Bishop* (2021)

British-born US resident, Julian Bishop, is at an inflection point. His children have left home, and he and his wife must figure out what they want to do next. They travel coast-to-coast across the USA and explore whether they truly want to be American. High, Wide, and Handsome is an extremely witty travel book that seeks to understand American culture. It explores why the USA has been so successful since independence. In a world where America's political leaders are widely ridiculed, the book acts as an antidote to the narrative that everything American is broken. It is an essential read for anybody interested in America.

The Travel Bible for Rookies: The Travel Handbook with Tips How to Travel Like a Professional by *Gilles Krager* (2023)

Perhaps you are trying to plan your first travel trip ever with friends, and you're unsure of where to get started. Or maybe you are contemplating committing to your first solo-travel trip, and you're worried that you don't know everything you need to before you set off. Don't worry. Those fears and concerns can be eradicated, just by reading this book!

The Travel Book: A Journey Through Every Country in the World (4th edition) by *Lonely Planet* (2021)

Lonely Planet has been providing trustworthy guides to travelers of all ages across the globe since 1973. This book provides a collection of vivid imagery and detailed notes on cultures from countries around the world. Images of people, animals, landscapes, food, and fun can be found in this book, demonstrating the awe and wonder of travel.

There and Back: Photographs from the Edge by *Jimmy Chin* (2021)

Twenty-three years in the making, There and Back is a portfolio containing over two hundred remarkable photographs from all seven continents. Mountaineer Jimmy Chin shares stories from his journey of traversing the globe and capturing photos from seemingly impossible locations. From climbing the skyline of the One World Trade Center to skiing down Mount Everest, this collection is an adventure inspiration for travelers.

Classics and Old Favorites

The Age of Innocence by *Edith Wharton* (1920)

A story that includes faltering love, newfound passion, and the demand for duty. Upon the arrival of Ellen Olenska, the cousin to Newland's soon to be fiancé, Newland slowly begins to fall for the countess. Newland soon finds himself torn between the allure of Ellen's otherworldliness and the pressures of family and societal expectations.

And Then There Were None by *Agatha Christie* (1939)

This is Agatha Christie's most famous and acclaimed novel! Ten strangers are brought together on an isolated island where, one by one, they die in a murderous countdown...

Cilka's Journey: A Novel by *Heather Morris* (2019)

Cilka was sixteen when she was sent to Auschwitz-Birkenau. She quickly learns that power, even unwillingly given, equals survival. When the Russians liberate the camp, Cilka was tried and found guilty of collaborating with the enemy.

The Count of Monte Cristo by *Alexandre Dumas* (1846)

For fourteen years Edmond Dantes is imprisoned for a crime he did not commit. Learning of a hidden fortune, he plots his escape and puts into action a plan of revenge against the three men who betrayed him. Inspiring the film of the same name, this is a classic tale of loss and retribution.

Cutting for Stone by *Abraham Verghese* (2010)

Moving from Addis Ababa to New York City and back again, *Cutting for Stone* is an unforgettable story of love and betrayal, medicine and ordinary miracles—and two brothers whose fates are forever intertwined.

Hidden Figures: The True Story of Four Black Women and the Space Race by *Margot Lee Shetterly* (2016)

If you have seen the movie by the same name, you must read the book, which contains so much more of the back-story of these three remarkable women and their contributions to our understanding of science and the modern world.

Kentucky: Off the Beaten Path: Discover Your Fun by *Jackie Sheckler Finch* (1999)

This book will show you the Bluegrass State you never knew existed. Soothe your ailments and your hunger at the Poke Sallet Festival; take an expedition through Walt Whitman's "vale of the Elkhorn" in a canoe; or stay in your own personal concrete teepee in Cave City. If you've "been there, done that" one too many times, get off the main road and venture Off the Beaten Path

The Kitchen House by *Kathleen Grissom* (2010)

If you love historical fiction and stories with family dynamics, you will love *The Kitchen House*. Told from the perspective of an Irish indentured servant in the home of a Virginia planter, the story brings to life the underworld of the slaves, the bonds they formed and the twisted connections with the members of the family.

Lonesome Dove by *Larry McMurtry* (1985)

This is the Pulitzer Prize-winning American classic of the American West that follows two aging Texas Rangers embarking on one last adventure. Many claim that it is the grandest novel ever

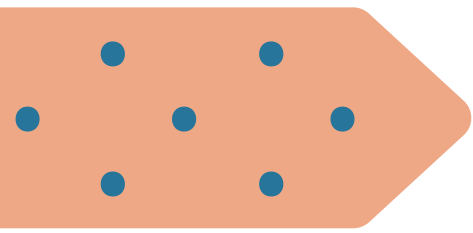
written about the last defiant wilderness of America. Richly authentic, beautifully written, always dramatic, *Lonesome Dove* is a book to make us laugh, weep, dream, and remember.

Monday Morning Pep Talks by Colene H. Eldridge (2018)

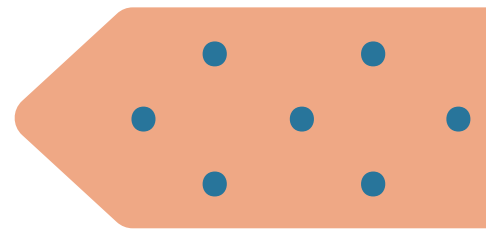
As a new week begins, do you sometimes need a little extra motivation to start the week on a positive note? Monday Morning Pep Talks provides short pep talks to help raise your positive energy and be ready to thrive – and you can read them any day of the week! The author, Colene Eldridge, is a Kentuckian and an experienced human resource professional.

Tuesdays with Morrie: An Old Man, a Young Man, and Life's Greatest Lesson by Mitch Albom (1997)

A story of learning how to live through the knowledge of an approaching death. A professor and his student share one last lesson in learning what it truly means to live and love. Morrie Schwartz was diagnosed with Lou Gehrig's disease in 1994, and through his diagnosis he realized that the world continued regardless of his personal tragedy. In his final year, Morrie provided lessons on how to not carry self-pity, and how to embrace love and connection to others.



23-24



**Awards &
Contests**



AWARDS AND CONTESTS Deadline/Contact Chart

| CATEGORY | NAME OF CONTEST | ENTRY FORMS OR REQUIREMENTS | DEADLINE | AWARD | CONTACT PERSON |
|-------------------------------|---|---|--|--|---|
| Leadership Development | Volunteer Service Units (VSUs) | <i>See Handbook 89-93 Forms Appendix 19-20a</i> | Club-July 1 County-Aug. 15 Area-Sept. 15 | Plaque (1 st) Certificate (2 nd & 3 rd) (Per category) | Nancy Snouse 117 Meadowlark Road Russell, KY 41169 wsnouse@msn.com |
| | Community Volunteerism Award | <i>See Handbook 88</i> Club & County | March 1 | Plaque (1 st) Certificate (2 nd & 3 rd) | |
| | KEHA Scholarship Contributions and Local Scholarship Awards | <i>See Handbook 87</i> | December 31 and March 1 | Plaque (1 st) Certificate (2 nd & 3 rd) | |
| Management & Safety | No contest will be conducted in 2023-2024 | | | | Peggy Tracy 241 Bethlehem Road Paris, KY 40361-2404 peggytracy@att.net |
| Cultural Arts & Heritage | Creative Writing/ Poetry (1 entry/person) | <i>See Handbook 37-39</i> | March 1 | Plaque (1 st) Certificate (2 nd & 3 rd) | Barbara Seiter 8669 Valley Circle Dr. Florence, KY 41042 seiterbarbara@yahoo.com |
| | Creative Writing/ Memoirs (1 entry/person) | <i>See Handbook 37-39</i> | March 1 | Plaque (1 st) Certificate (2 nd & 3 rd) | |
| | Creative Writing/Short Story (1 entry/person) | <i>See Handbook 37-39</i> | March 1 | Plaque (1 st) Certificate (2 nd & 3 rd) | |
| | Cultural Arts & Heritage Passport | <i>See Handbook 36</i> | July 1 | Plaque (1 st), \$100 prize Certificate (2 nd & 3 rd) | |
| International | Most Coins Collected: • Coins for Change • KY Academy/Ghana | <i>See Handbook 73</i> | December 15 | Plaque (1 st) Certificate (top 5) | Marilyn Watson 2286 Melwood Drive Henderson, KY 42420 mjmw1315@twc.com |
| | International Projects and Programs Award | <i>See Handbook 73</i> | March 1 | Plaque (1 st) Certificate (2 nd & 3 rd) | |
| Environment, Housing & Energy | Adopt-A-Highway Awards | <i>See Handbook 49</i> | March 1 | Plaque (1 st) – county with most miles and most miles as % of membership Certificate (2 nd & 3 rd) | Rhonella Chaffin P.O. Box 1057 Louisa, KY 41230 rhonella@att.net |

AWARDS AND CONTESTS, CONTINUED

| CATEGORY | NAME OF CONTEST | ENTRY FORMS OR REQUIREMENTS | DEADLINE | AWARD | CONTACT PERSON |
|---------------------------------|--|---|-------------|---|---|
| Family & Individual Development | Self-Care Contest | <i>See Handbook 55</i> | March 1 | Plaque (1 st) Certificate (2 nd & 3 rd) | Dottie Crouch 8851 Highway 55 Campbellsburg, KY 40011 |
| | Ovarian Cancer: Financial Contributions | <i>See Handbook 60</i> | December 31 | Plaque – Largest amount & largest amount per member Certificates – 100% participation & over \$1,000 | Esther Bailey 304 Somerset St. Stanford, KY 40484 hadasah5@hotmail.com |
| Food, Nutrition, & Health | First-time Ovarian Cancer Screenings – County Award | <i>See Handbook 60</i> | December 31 | Plaque | |
| | Ovarian Cancer Research Fundraising Contest | <i>See Handbook 60</i> | March 1 | Plaque (1 st) Certificate (2 nd & 3 rd) | |
| | Promoting a Healthy Kentucky Contest | <i>See Handbook 60</i> | March 1 | Plaque (1 st) Certificate (2 nd & 3 rd) | |
| 4-H Youth Development | Innovative Partnership Project | <i>See Handbook 64-65 (Details page 64, entry form page 65)</i> | March 1 | Plaque and \$50 | Denise Boebinger 3725 Bald Knob Road Frankfort, KY 40601 dboebinger@me.com |
| | Volunteer Hours for 4-H (club, county, area) | | March 1 | Certificate and small gift | |
| | 4-H Camp Scholarships (club, county, area) | | March 1 | Certificate and small gift | |
| Membership Recognition | Membership Increase | <i>Based upon dues submitted in December</i> | January 1 | Certificate for counties with 25 new members. Plaque (1 st) and certificates (2 nd & 3 rd) highest increase by number & percentage. | Julie Hook 74 County Road 1021 Cunningham, KY 42035 Julie.hook@carlisle.kyschools.us |
| | Membership Tenure Recognitions (50, 60, 65, 70 and 75 years) | <i>See Appendix 17</i> | January 31 | Listed in the KEHA State Meeting Program. | |

**KEHA STATE
AWARDS AND CONTESTS COVER SHEET**

Due March 1

**This form must be sent for each entry submitted to the state for judging.
Please submit your contest entry bound and tabbed in a folder to the appropriate educational
chairman.**

Name of contest entered _____

Category entered (check one): _____ Individual _____ Club _____ County _____ Area

County _____

Area _____

Contact Person _____

Address _____

Phone _____

Cultural Arts and Heritage

Guidelines for Creative Writing Contests

General:

- Only one entry per person is allowed in each category
- Entries are open only to members of KEHA
- All entries must be original
- Entries should not contain words of profanity
- The KEHA Executive Board reserves the right to not print any entry due to content
- Entries should be typed, *however* legible hand written entries will be accepted if there is no way the entry can be typed
- Entries submitted in electronic format, preferably in Microsoft Word, are encouraged
- Each entry should be submitted for state judging with the completed Cultural Arts and Heritage Creative Writing Contest Cover Sheet and Author Release Form. This is found on KEHA Handbook page 39.
- Entries will not be returned; be sure to make a copy
- All entries are due by March 1 to KEHA Cultural Arts Chairman:
Barbara Seiter, 8669 Valley Circle Drive, Florence, KY 41042
Phone: (859) 653-7655 Email: seiterbarbara@yahoo.com

Poetry:

- Entries are limited to 30 lines

Memoirs:

- Entry is limited to 2 pages, double spaced
- Entry is limited to one memory, written in first person
- Entry should have a particular focus or element that receives the most emphasis
- Entry should focus on a person, place, or animal which has a particular significance in the writer's life
- Entry should recreate for the reader incidents shared with the person, place, or animal
- Entry should reveal writer's knowledge of and feelings about the person, place, or animal
- Entry should make the person, place, or animal come alive for the reader
- Entry should share new insights gained when recalling the significance of the subject of the memoir

Short Story:

- Entry is limited to 3,000 words.
 - Entry may be written in the first or third person
 - Entry should contain:
 - a plot, rising action and a climax
 - a focused purpose
 - setting details woven into the text of the story, allowing the reader entry into the story
 - development of at least one character through the character's own words, thoughts, or actions and/or those of another character
 - a tightly woven plot limited to one main idea or purpose
 - a problematic conflict, developed as the story progresses
 - a resolution of that conflict
 - idea development through snapshots, thoughtshots, dialogue, description, etc.
-

Cultural Arts and Heritage Creative Writing Contest Cover Sheet and Author Release Form

**(This cover sheet is required for each entry.
Entries with cover sheet are due March 1.)**

The Kentucky Extension Homemakers Association has my permission to print my creative writing entry in future editions of the *KEHA Inspirational*, to include my entry in a booklet of all or selected entries, or to read aloud or perform my entry at a public event, such as the KEHA annual meeting.

Indicate category of your entry:

_____ Poetry

_____ Memoirs

_____ Short Story

Title of Entry: _____

Author's name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

County: _____ Area: _____

Phone: (____) _____ Email Address: _____

Signature: _____ Date: _____

2023-2024 CULTURAL ARTS EXHIBIT CATEGORIES

Categories and Subcategories

1. APPAREL

- a. Accessory
- b. Appliqued
- c. Basic Sewing
- d. Quilted
- e. Specialty

2. ART, 3-Dimensional

- a. Carving
- b. Sculpture

3. ART, NATURAL

- a. Wood
- b. Other

4. ART, RECYCLED (Include a before picture)

- a. Clothing
- b. Household
- c. Other

5. BASKETRY

- a. Cane
- b. Dyed Material
- c. Miniature (under 4 inch)
- d. Novelty
- e. Plain

6. BEADING

- a. Bead Weaving
- b. Non-jewelry Item/Wearable
- c. Miscellaneous

7. CERAMICS

- a. Hand-formed
- b. Molded
- c. Pre-made

8. COUNTED CROSS STITCH

- a. 14 Count & Under
- b. 16-22 Count
- c. Specialty Cloth (linens, etc.)

9. CROCHET

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans
- d. Thread

10. DOLL/TOY MAKING

- a. Cloth
- b. Handmade Toy other than Porcelain/China or Cloth
- c. Porcelain/China

11. DRAWING

- a. Pastels
- b. Pen and Ink
- c. Pen and Ink with Oil Roughing
- d. Pencil or Charcoal-Black
- e. Pencil-Color

12. EMBROIDERY

- a. Basic
- b. Candle Wicking
- c. Crewel
- d. Machine
- e. Ribbon
- f. Smocking
- g. Swedish
- h. Tatting/Lace Making
- i. Miscellaneous

13. FELTING*

- a. Needle Method
- b. Wet Method

14. HOLIDAY DECORATIONS

- a. Autumn
- b. Spring
- c. Summer
- d. Winter

2023-2024 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

15. JEWELRY

- a. Beaded
- b. Mixed Media (wire, chain maille, mixed with beads)
- c. Original Design

16. KNITTING (HAND – with knitting needles)

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans

17. KNITTING (OTHER – machine / loom)

18. NEEDLEPOINT

- a. Cloth Canvas
- b. Plastic

19. PAINTING, ART

- a. Acrylic
- b. Oil
- c. Watercolor

20. PAINTING, DECORATIVE

- a. Metal
- b. Wood
- c. Other

21. PHOTOGRAPHY (mounted or framed) **

- a. Black & White
- b. Color

22. QUILTS***

- a. Baby-size or Lap-size (hand quilted)
- b. Baby-size or Lap-size (machine quilted)
- c. Hand Appliqué (hand quilted)
- d. Hand Pieced (hand quilted)

22. QUILTS**** (continued)

- e. Machine Appliqué (machine quilted)
- f. Machine Pieced (hand quilted)
- g. Machine Pieced (machine quilted)
- h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
- i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
- j. Technology Based (hand or machine quilted)
- k. Miscellaneous (hand or machine quilted)

23. PAPER CRAFTING

- a. Card Making
- b. Origami
- c. Quilling
- d. Scrapbooking*****

24. RUG MAKING

- a. Braided
- b. Hooked
- c. Punch Needle
- d. Woven

25. WALL or DOOR HANGING

- a. Fabric
- b. Other

26. WEAVING

- a. Hand (macrame, caning)
- b. Loom (includes pin weaving)

27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

** Photographs should be either mounted and/or in a frame – MATTING and/or GLASS is OPTIONAL

***Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

**** Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.

CULTURAL ARTS AND HERITAGE

CULTURAL ARTS EXHIBIT

Criteria for Judging:

- A. Three-dimensional art, decorative painting, drawing, art painting, and ceramics.
 - 1) Originality
 - 2) Artistic promise
 - 3) Technique
 - 4) Composition

- B. Apparel, basketry, beading, counted cross stitch, crochet, embroidery, felting, holiday decorations, jewelry, knitting, natural art, needlepoint, pillows, quilts, recycled art, rug making, toy/doll making, wall or door hanging, weaving, and miscellaneous.
 - 1) Originality
 - 2) Workmanship
 - 3) Color harmony
 - 4) Beauty of design
 - 5) General appearance.

- C. Photography
 - 1) Originality
 - 2) Content
 - 3) Clarity
 - 4) Technical competence
 - 5) Composition

- D. Scrapbooking — Please indicate page(s) to be judged if entire scrapbook is sent. Contest is limited to one-page and two-page layouts only.
 - 1) Balance and symmetry
 - 2) Color coordination
 - 3) Quality of photography
 - 4) Use of space
 - 5) Neatness
 - 6) Lettering
 - 7) Journaling
 - 8) Use of embellishment
 - 9) Does it tell a story

CULTURAL ARTS EXHIBIT

CULTURAL ARTS EXHIBIT RULES

All Extension Homemakers are encouraged to submit “original” items for competition in state exhibits.

Each article must be the work of an Extension Homemaker member and must have been completed during the past 2 years.

BLUE Ribbon and PURPLE Ribbon winners from previous years in each category or subcategory are not eligible for entry in another KEHA cultural arts contest.

Areas may exhibit one item from each category and/or subcategory (maximum number is 94 for 2023-2024).

Identification of item should be on tag provided by state and attached to exhibit.

The exhibitor and/or their representative is responsible for transporting exhibits to and from the state meeting.

Should a KEHA member who is in good standing happen to pass away before a qualified entry can advance to the next level of judging (county to area, area to state), the deceased member’s entry will remain eligible, and the club/county will have the option to enter it at the next level.

Each exhibitor must provide their own materials to properly display their item. Tape and nails cannot be used on the walls. If items are best displayed vertically, please provide an easel or means of hanging exhibit from the wall. **All items used for display should be labeled with exhibitor name.**

Entries will be exhibited by category. Entries will be judged by subcategory when indicated. **Exhibitor is responsible for category/subcategory determination.**

Extreme care should be taken at the county and area level to place entries in the correct category. Entries entered in the wrong category will be moved to the correct category, if possible. Entries entered in the wrong category, where there is no correct category available or where there is already another entry, will be disqualified.

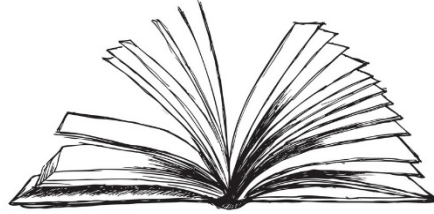
Blue ribbons are awarded for high quality work, the number depending on the quality of the entries. A championship purple ribbon is awarded to best of the blue ribbon entries in each category.

All exhibits must remain displayed throughout the duration of the Cultural Arts Exhibit. In the case of an emergency, items may be removed only on approval of the state Cultural Arts Chairman.

Neither the Kentucky Extension Homemakers Association nor the University of Kentucky will be responsible for any lost, misplaced or broken items. We do not anticipate any misfortune, but this disclaimer must be clearly understood by all exhibitors. Please label any easels, picture stands, hangers, or other display equipment.

The exhibits will be hosted at all times the exhibit is open. Additional security will be provided when necessary.

If categories are to be eliminated, there will be a one-year notice.




Kentucky Extension Homemakers Association Cultural Arts and Heritage — Book List

Please help compile our next KEHA Book List (to be available July 1, 2024) by suggesting discussion-worthy, well written books, published in the past 3 years. Books should be submitted from the following nine categories:

- Arts
- Biography
- Family and Consumer Sciences
- Fiction
- History
- Kentucky
- Religion and Spirituality
- Travel
- Classics and Old Favorites
(may be older than 3 years)

Please submit your suggestions by **March 15, 2024**, to the current State Cultural Arts and Heritage Chair:

| Preferred method (click or scan): | Or E-Mail information to: | Or MAIL information to: |
|---|--|--|
| Qualtrics Link for KEHA Book List Submission  | seiterbarbara@yahoo.com | Barbara Seiter 8669 Valley Circle Drive Florence, KY 41042 |
| Questions? call Barb at (859) 653-7655 | | |

If submitting by email or mail, please include the following information:

- Category (from list above) –
- Name of Book –
- Author –
- Year Published –
- Short Description (3 or 4 sentences, use back if necessary) –

Environment, Housing and Energy Awards

Adopt-A-Highway Awards

Goal: To encourage homemaker members to participate in community beautification efforts through participation in the Adopt-A-Highway program from the Kentucky Department of Transportation.

Because the Department of Transportation will post a sign at each adoption site, this will also be an effort to promote KEHA. **Name listed to appear on sign should be: Kentucky Extension Homemakers Association – XXX County or Kentucky Extension Homemakers Association – XXX Club.**

All counties and clubs fully participating in the Adopt-A-Highway program will be recognized at the KEHA Annual Meeting. Plaques will be given to the county adopting the most miles and the county adopting the most miles as a percentage of membership.

To enter send the following information: (Incomplete entries will not receive recognition.)

- 1) Photos of highway sign(s)
- 2) A copy of the AAH report form for each clean up date:
<https://transportation.ky.gov/AdoptaHighway/Documents/Adopt-a-Highway%20Program%20Cleanup%20Survey.pdf>
- 3) Before and after clean up photos for each clean up date

Environmentally friendly electronic entries with digital photos are encouraged, however paper entries may be submitted.

Entries are due by March 1. Please send to:

Rhonella Chaffin
P.O. Box 1057
Louisa, KY 41230
606-483-6077
rhonella@att.net

Family and Individual Development

Contest 2023-2025

Self - Care

This contest is designed to nurture Self-Care Mental Health, Pampering Self and Strengthening Families and Community by making connections with family, friends, Partners, and neighbors. Taking time to engage in self-care alleviates some of life's daily pressures.

This contest is to engage you and others with meaningful day trips.

RULES:

1. Trips must be taken July 1 through February 28.
2. Day trips with a minimum of 3 separate trips.
3. Must visit any of the following places; Kentucky or National Park, Museum, Monument, Historical Site such as a church, home, graveyard or any state capitol.
4. Provide details of each place visited with how many went on the trip, why the place was selected, and the most memorable experience the group had.
5. Maximum of 5 pages that include pictures and news articles. All 3 trips must be in this 5 pages.
6. Entry must be bound.

All entries must include:

- cover sheet found in KEHA Manual, Appendix 1
- must be bound
- postmark by March 1
- no email entries
- mailed to:

Dottie Crouch,
Family and Individual Development
8851 Highway 55
Campbellsburg, KY 40011

Questions may be directed to Dottie at 502-724-2032.

Awards will be distributed at the KEHA State Meeting. First place will receive a plaque. Second and third place will receive a certificate.

KEHA FOOD, NUTRITION AND HEALTH AWARDS

Ovarian Cancer Financial Contributions (Yearly)

- A plaque will be awarded to the county with the largest amount overall.
 - A plaque will be awarded to the county with the largest amount per member.
 - Certificates will be given to each county that has 100% participation (at least \$1 per member).
 - Certificates will be given to any county or club donating over \$1,000.
 - A plaque will be awarded to the county that has the largest number of first-time ovarian cancer screenings participants. (Submit on yearly report.)
-

Ovarian Cancer Fundraising Contest

- An award will be given to the most creative entry describing the fundraising efforts for ovarian cancer, including emphasis on the amount of money raised.
- This can be a club, county, group of counties or an area project.
- For the yearly award the project must have been completed between January 1 and December 31 of that year.

Guidelines:

All entries must be in a folder or binder and include:

- Cover sheet (see Appendix 1)
 - Description of Project
 - How many members were involved at the completion of the project?
 - How many members attended? How many non-members attended?
 - List of collaborative partners (whom and how they participated?)
 - Community involvement?
-

Promoting a Healthy Kentucky Contest

- Awards will be given for the most creative way to promote health issues.
- 1st place receives a plaque; 2nd and 3rd will receive certificates.
- Projects should be completed by December 1 of each year. Entries must be submitted by March 1 of each year.

Guidelines:

All entries must include:

- Project submitted in a folder or binder
- Cover Sheet (see Appendix 1)
- Description of Project
- Number of member and non-members involved.
- Collaboration with other agencies, organizations or individuals.
- Include pictures and promotional materials

Send all contest entries to the current KEHA Food, Nutrition and Health Chair:

Esther Bailey

304 Somerset St.

Stanford, KY 40484

Questions? Contact Esther at 859-749-1314 or hadasah5@hotmail.com.

Kentucky Extension Homemakers Association

4-H Youth Development Contests

2023-2026

Homemakers Support 4-H

A. Most innovative 4-H & Extension Homemaker partnership project to promote 4-H Youth Development (plaque & \$50)

B. Volunteer Hours for 4-H (certificate & small gift)

1. Club with the most 4-H volunteer hours
2. County with the most 4-H volunteer hours
3. Area with the most 4-H volunteer hours

If hours are turned in for club hours, the hours CANNOT be submitted for county or area hours. If turned in for county, the hours CANNOT be submitted for club or area. Hours can only be submitted in ONE category.

C. 4-H Camp Scholarships (certificate & small gift)

1. Club with the largest dollar amount donated for 4-H camp scholarships
2. County with the largest dollar amount donated for 4-H camp scholarships
3. Area with the largest dollar amount donated for 4-H camp scholarships

Rules are the same as volunteer hours – funds donated can ONLY be counted in one of the three categories.

The entry form on the following page must be completed, including signatures of the County Extension Agent for Family and Consumer Sciences Education and/or the County Extension Agent for 4-H Youth Development.

Send entry forms to:

Denise Boebinger

3275 Bald Knob Rd.

Frankfort, KY 40601

Phone: 502-330-1978 Email: dboebinger@me.com

Entries must be submitted by March 1.

**Kentucky Extension Homemakers Association
4-H Youth Development Contests
2023-2026**

Homemakers Support 4-H

NAME (individual, club or county): _____

ADDRESS: _____

CONTACT PERSON: _____

ADDRESS: _____

PHONE: _____ Email: _____

Please check appropriate box

Club County Area

A. Most Innovative 4-H & Extension Homemaker Partnership Project – To enter, include a typed description of the project and outcomes (not to exceed two pages).

B. TOTAL HOURS VOLUNTEERED _____

C. TOTAL DONATIONS TO 4-H CAMP SCHOLARSHIPS _____

(If individual - signature)

County 4-H Agent Signature

County FCS Agent Signature

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.

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. 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. Entries sent by e-mail must follow the hard copy rules.
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.

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.

International Projects and Programs Award

- All entries submitted will be in contest for the International Projects and Programs Award with 1st, 2nd, and 3rd place prizes!

Most Coins Collected Awards

- Funds are to be submitted to the KEHA Treasurer by December 15th.
- Plaques will be awarded to the County with the most coins collected in the below categories:
 - Coins for Change
 - Kentucky Academy/Ghana Library
- Top five will be awarded certificates.

DATES TO REMEMBER



Club Reports → County Chair: Due July 1st

County Reports → Online Submission: Due August 15th

Fundraising Donations → KEHA Treasurer: Due December 15th

Contest Entries → State International Chair: Due March 1st

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

KEHA International Chair

2286 Melwood Drive

Henderson, KY 42420

Mjmw1315@twc.com

COMMUNITY VOLUNTEERISM AWARDS

Club and County Level

Programs and activities entered in this contest must deal with a club's or county association's volunteer involvement in *community leadership, community issues, or community service*. These efforts do not have to be exclusive to the leadership educational program, but can include volunteer efforts in any educational program area.

All entries should be submitted in a notebook or folder. Typing of information is strongly encouraged; but neat, legible handwriting is accepted.

Deadline for entries is **March 1**. Entries should be sent to the KEHA Educational Chairman for Leadership Development:

Nancy Snouse
117 Meadowlark Road
Russell, KY 41169

Questions? Contact Nancy at 606-388-2449 or wsnouse@msn.com.

Format should include:

1. Cover sheet -- Name of club or county. Name of project, issue, service. Name, address and phone number of contact person.
2. Subsequent pages -- Description of program, activities, and accomplishments.

JUDGING CRITERIA

| Written Segment | Score |
|---|------------|
| Purpose – goals and objectives, include community need, why the program was done | 30 |
| Scope of Activity – what was done, who was involved, describe what took place (must have occurred within the past 2 years) | 30 |
| Results – what was accomplished, describe successes and/or limitations encountered, changes if done again, etc. | 30 |
| Support Material – pictures, news articles, print material. Limited to 4 Pages | 10 |
| TOTAL | 100 |

KEHA DEVELOPMENT GRANT

Development grants can be used for a project by an Area or County. Examples of projects eligible for grants include programs on membership, leadership, community action and health care. Projects can be cooperative efforts with other groups in the community. **Funds cannot be used as a cash donation and homemakers must be involved in the project.** Fairs, art shows, tourism events, etc. are excluded.

Grant proposals requests:

Grant is limited to one per Area - whether Area or County. An Area can request up to \$500.00 for an Area Project. A County can request up to \$300.00 for a County Project. The proposal must be prepared by homemaker members and clearly outline the role of homemakers and agents in preparation and the project. All submissions should use the application form found in the KEHA Handbook, pages 109-111. Limit the proposal to three pages. **Proposal must be sent by certified mail by March 1 each year. Proposal needs a clear, defined name.**

The project must be completed by March 1 of the following year and a written report including a list of actual expenses will be due to the KEHA 2nd Vice President by April 1st. Grant recipients will be required to have a report or display in the Homemaker Showcase at the State Meeting following completion of the project.

Grants will be judged according to following criteria:

- | | |
|---|------------------|
| 1. Cover page | 5 points |
| A) Title of the project. | |
| B) Name of the entity making application | |
| C) Name, address, telephone number, E-mail, Fax number, area, and county of the contact person. <i>This must be a homemaker member.</i> | |
| D) Names of Committee members | |
| 2. Proposal | 50 points |
| A) Purpose of the project and what you hope to accomplish. | |
| B) Project description (workshop, lecture, trip). | |
| C) Target audience. | |
| D) Publicity and advertising of the project. | |
| E) Any other support information. | |
| 3. Time line with project events, programs, leaders | 20 points |
| 4. Budget | 15 points |
| A) Include all expenses for the proposal | |
| B) Include all income - grant, registration fees, Area or County Council funding, sponsors, in-kind services, etc. | |
| 5. Evaluation and expected impact of this project. | 10 points |

DEADLINES:

Applications must be sent by certified mail and postmarked by March 1.
Project must be completed by following year March 1.

SEND APPLICATIONS TO:

Julie Hook
KEHA 2nd Vice President
74 County Road 1021
Cunningham, KY 42035
Phone: (270) 559-8603
Email: julie.hook@carlisle.kyschools.us

NOTE: A minimum of 75 points are needed for grant to be considered.

KEHA will not fund any side of a controversial issue - ex - Religion, Politics or Sexual Preference.

KEHA DEVELOPMENT GRANT APPLICATION

(Page 1 of 3)

Title of Project _____

Group Applying for Grant _____

Monetary Amount Requested _____

Name _____
(Name of individual filling out this form. This must be a Homemaker Member)

Address _____

City _____ State _____ Zip Code _____

Telephone _____ Email _____

County _____ Area _____

Please list any committee members:

Application Number _____

Send to: Julie Hook
KEHA 2nd Vice President
74 County Road 1021
Cunningham, KY 42035
Phone: (270) 559-8603
Email: julie.hook@carlisle.kyschools.us

Name _____ **County or Area** _____

Title of Project _____

Proposal _____

Purpose _____

Project Description _____

Audience _____

Publicity and Advertising _____

Other Support Information _____

Time Line (*with project events, programs, leaders*)

Budget (*Include all expenses for the proposal. Be sure to include all income such as grant, registration fees, area or county council funding, sponsors, in-kind services, etc.*)

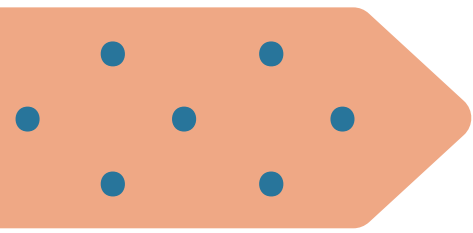
Evaluation and Expected Impact of this Project

Signature of Applicant *Date*

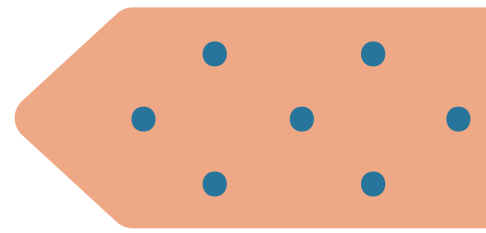
**Deadlines: Applications must be sent by certified mail and postmarked by March 1.
Project must be completed by following year March 1.**

Send applications to Julie Hook, KEHA 2nd Vice President, 74 County Road 1021, Cunningham, KY 42035. For questions, call (270) 559-8603 or email: julie.hook@carlisle.kyschools.us.

KEHA will not fund any side of a controversial issue - ex. Religion, Politics or Sexual Preference.



23-24



Volunteer
Service
Units

Please turn in individually

KENTUCKY EXTENSION HOMEMAKERS ASSOCIATION LEADERSHIP DEVELOPMENT

VOLUNTEER SERVICE UNIT (VSU) PROGRAM

The Volunteer Service Unit (VSU) program is intended to recognize individual volunteer efforts in your club and community. It is also intended to help you grow personally in volunteer leadership skills, and to show you how you might use those skills. For example, you might want to climb a “volunteer career ladder.” That is, you may want to go on to more responsible volunteer positions in KEHA or in other groups. In addition, volunteer experience is often accepted and equated to paid employment if described in comparable terms when seeking employment.

- 1) **What is a volunteer?** A volunteer is an individual who agrees to do a job or perform a service for others (not family) for which the only pay is the personal satisfaction of a job well done. A volunteer can share time, knowledge, skills, materials, etc. with others. A volunteer may be paid or reimbursed for out of pocket expenses related to volunteer work.
- 2) **What is a Volunteer Service Unit (VSU)?** A VSU is an hour of volunteer effort. These hours include hours spent in preparing to carry out a volunteer activity as well as the hours spent directly involved in volunteer work. This includes hours spent within the KEHA organization, in volunteer roles with Cooperative Extension and other community work.
- 3) **How can I earn VSU's?** By regularly recording volunteer service hours on the VSU log and submitting your log to your county club/county Leadership Development Chairman. VSUs should be reported in the KEHA year in which the service occurred.
- 4) **How are VSUs categorized?** The VSU program has been reworked and expanded to include four categories of service. Those categories include Extension, KEHA, Community and Personal.
- 5) **What counts as volunteer hours in each category?**
Extension - All Extension Agent directed programs, including “train the trainer” lessons where you participate in agent-led training then teach the lesson to your club or other audiences. This category also includes assisting with any program organized and presented by an Extension agent like judging a 4-H event, leading a 4-H club, volunteering at an Extension field day, etc. This also includes volunteering for activities like 4-H Speech contests, Farm Safety Days, 4-H Reality Store, LEAP, or serving as a member or officer for the county Extension Council, county Family and Consumer Sciences Advisory County, County Extension District Board or State Extension Council. Counted hours should include your training, preparation time, travel time and delivery time to your audience. The key here is agent-led and directed programs where the KEHA member is a volunteer.

KEHA - Programs that originate and are directed by KEHA leaders and members. This includes service to a club, county, area, or the state as a committee member or officer. Participation in training sessions and organizing and leading KEHA-sponsored events should be counted. All volunteer hours from planning, preparing and conducting the meeting or activity should be included, as well as travel time, phone and/or messaging time and activity/presentation time. All volunteer time for club, county, area or state KEHA projects, fundraisers and special initiatives would be counted in this category. Examples include: making quilts for the Center for Courageous Kids, baking for local bake sales, planting trees, picking up trash in local clean-up project, etc.

Community - This category is for your service as a member or officer within community groups not Extension or KEHA coordinated or led. Examples include: local home owner's association, library board, Rotary or Kiwanis, Eastern Star, parent-teacher organizations, etc. This category is also for reporting volunteer time mentoring/tutoring students at school, with local literacy programs, senior home visits/music programs, American Cancer Society, Red Cross, local health departments, etc. as long as the volunteer role is not related to an Extension-led activity or Extension Homemakers activity. Also report serving as a volunteer first responder, on a local school board, any governmental appointments, jury duty, or any other similar roles. All volunteer hours from planning, preparing and conducting the meeting or activity should be included, as well as travel time, phone and/or messaging time and activity/presentation time.

Personal - This category is for discretionary reporting of any unpaid service to family, friends, and neighbors. It includes babysitting relatives not living with you, taking a neighbor or friend to the doctor and/or shopping, mowing the neighbors' lawn, shoveling their snow, raking leaves, etc. Church and faith-based participation such as choir member practice, Sunday school, transporting church members and other religious activities can also be included in this category.

- 6) **How do members report their individual hours?** The log for recording Volunteer Service Units (VSUs) can be found in the KEHA Manual Appendix. Make as many copies as necessary and total the number of hours per category before sending the log to the Club/County Chairman for Leadership Development.
- 7) Clubs may elect to report hours as an entity provided no individual member of said club is reporting individual hours as well. This eliminates the potential for duplicate reporting and confusion.
- 8) **How are hours reported to the state level?** The County Chairman must forward the compiled County VSU Report Forms to the Area Leadership Development Chairman by August 15. The Area Leadership Development Chairman then completes the area VSU Report Forms and sends the form to the State Chairman for Leadership Development by September 15.

- 9) Each hour of your service should be counted in only one category. In the case of projects or programs that may cross category lines, choose the category that best represents that activity.
- a. *Example:* Happy Homemakers Club partners with a 4-H agent to conduct a sewing camp for kids. If leadership is shared by an agent and a KEHA leader, count those hours as **EXTENSION** due to agent involvement.
 - b. *Example:* Country Ladies Club partners with a local school to teach basic sewing skills to students after school. Since the project is organized and presented by KEHA members, these hours count as **KEHA** hours.
 - c. *Example:* Susie H. Smith volunteers with the Cancer Society and provides local residents transportation to oncology appointments. These hours are reportable under **COMMUNITY** because it is a specific function through a community group. However, If Susie transports Aunt Lulu as a personal favor, the hours count as **PERSONAL**.

Recognition:

At the COUNTY level:

- a. A listing of all members with any hours reported by category should be shared via the annual meeting program, a newsletter, social media, website, etc. The county council, working with the County Leadership Development Chairman, should determine the most appropriate means to share the listing.
- b. The top three members in each category will be recognized and presented with a certificate at the annual county meeting. The County Leadership Development Chairman is responsible for this recognition.
- c. The county will send a report of all members in the county with more than 500 hours or more of total hours across all categories, as well as the listing of the top three individuals per category to the Area Leadership Development Chairman.
- d. It will no longer be necessary to hold hours over to the next year as all hours will be recognized at some level each year.
- e. If your county annual meeting is held before the end of the KEHA year when reports these reports are due, this information will need to be saved by the County Leadership Chairman for certificate presentation at the next annual meeting or at another time designated by the county council.

At the AREA level:

- a. The top three individuals reported from each county in each category will be compared with the other county individuals of the same honor to determine the top three from each category for recognition at the Area meeting. These individuals will be recognized with a special certificate.
- b. All members with 500 hours or more (across all categories) will also be recognized and receive a certificate as will any clubs reporting 1000 or more hours (across all categories). This will be the responsibility of the Area Chairman. If the area annual meeting is held before these numbers are known, the information will be saved and certificates presented at the next annual meeting.

At the STATE level:

- a. Area winners for each category as submitted by the Area Chairmen will be compiled in a booklet for recognition at State Meeting.
- b. The top category winners across the state will receive a plaque, with 2nd and 3rd place receiving a certificate.



23-24



Plan of Work Reports

Due at the July Council meeting (first council meeting of new program year). Individuals return completed forms **ONLY** if they were not counted in club numbers.

Clubs may complete as a club and turn one form in. Designate a person (usually the chairman of each category) to be responsible for completing and returning the form to the Extension Office.

Cultural Arts & Heritage Program of Work Report
From July 1, 2023, to June 30, 2024

| |
|--|
| Name of person completing this form: _____ Phone: _____ Email: _____ |
| For clubs reports: Club reports are due to the County Cultural Arts and Heritage Chairman by July 1, 2024 . Club Name: _____ |
| For county reports: County reports are due via online surveys by August 15, 2024 . The surveys will be available at http://keha.ca.uky.edu/content/impacts by July 1, 2024. A copy of the submission should be mailed to the Area Cultural Arts and Heritage Chairman by August 15, 2024. County: _____ Number of Clubs reporting: _____ |

Reading and Kentucky Literacy

How many members in your club/county/area used the KEHA Book List this year? _____

Number of books read from the **KEHA Book List:** _____

Number of books read **NOT from** the KEHA Book List: _____

Does your county have a Homemaker Book Club? Yes _____ No _____

KEHA Cultural Arts and Heritage Passport

Number of members who participated in the Passport Challenge: _____

Total number of places/events logged in the Passports: _____

How many Passports included a description of a work of art? _____

Understanding the Elements and Principles of Art:

Number of individuals who received a lesson on the Elements and Principles of Art _____

Number of individuals who received a lesson on evaluating drawings and paintings _____

Number of individuals who received a lesson on evaluating photography _____

Using the information learned from the current Program of Work:

Number of individuals who created a drawing, painting, or scrapbook page _____

Number of individuals who took photographs _____

Number of individuals who entered an item in the Cultural Arts Contest _____

Other:

Does your club or its individual members sell craft items to support Homemaker or other community projects?

Yes _____ No _____ Total funds generated: _____

Number and types of programs funded: _____

Please indicate the number of members in your (club/county/area) who sell craft items to supplement their household income. _____

Comments (use back if necessary)

4-H Youth Development Program of Work Report
From July 1, 2023, to June 30, 2024

| |
|---|
| Name of person completing this form: _____ Phone: _____ Email: _____ |
| For clubs reports: Club reports are due to the County 4-H Youth Development Chairman by July 1, 2024 . Club Name: _____ |
| For county reports: County reports are due via online surveys by August 15, 2024 . The surveys will be available at http://keha.ca.uky.edu/content/impacts by July 1, 2024. A copy of the submission should be mailed to the Area 4-H Youth Development Chairman by August 15, 2024. County: _____ Number of Clubs reporting: _____ |

Has the County 4-H Educational Chairman met with the 4-H agent? _____

Were the Homemaker Hobbies/Expertise questionnaire filled out and tabulated? _____

Number of 4-H Youth engaged in activity with Extension Homemakers: _____

Number of total KEHA Volunteer Hours with 4-H for this year: _____

Number of 4-H Events supported through Homemaker volunteers: _____

Number of 4-H Clubs lead by Homemaker volunteers: _____

Number of Homemakers who volunteered with 4-H Communications Programs: _____

Number of Homemakers who assisted with 4-H Project Days _____

Number of Homemakers who served as Adult Counselors at 4-H Camp: _____

Amount of 4-H Camp Scholarships provided in dollars: _____

Please list as much information that is relevant to assist our evaluation:

How can we further the 4-H partnership with KEHA?

What other resources do you need to work with young people?

Is there a youth program you would like to start in your county?

Family and Individual Development Program of Work Report
From July 1, 2023, to June 30, 2024

Name of person completing this form: _____

Phone: _____

Email: _____

For clubs reports: Club reports are due to the County Family and Individual Development Chairman by **July 1, 2024**.

Club Name: _____

For county reports: County reports are due via online surveys by **August 15, 2024**. The surveys will be available at <http://keha.ca.uky.edu/content/impacts> by July 1, 2024. A copy of the submission should be mailed to the Area Family and Individual Development Chairman by August 15, 2024.

County: _____ **Number of Clubs reporting:** _____

1. Self-Care and Mental Health: Living Alongside the Pandemic

Number of members who said this program was helpful: _____

What publication did you use? _____

Suggestion to make this topic better: _____

Did you put together a “survival kit” and distribute? ___ Yes ___ No

How many did you distribute? _____ Purpose for kit: _____

2. Self-Care and Self-Pampering

What changes did you make that helped you feel better about yourself? (Example: new hair style, monthly outing with friends, etc.)

What publication did you use? _____

3. Self-Care and Strengthening Family and the Community

What was your family quality time? (Example: no electronics during meals, monthly outings, etc.)

Number of members or member families who participated in a community project: _____

What was the project? (Example: food boxes, neighborhood clean-up, etc.)

4. Number of members who taught this program to an individual or group: ___ Total number reached: ___

Are there any comments on this program from you or others?

Food, Nutrition and Health Program of Work Report
From July 1, 2023, to June 30, 2024

| | |
|--|---|
| Name of person completing this form: _____ | |
| Phone: _____ | Email: _____ |
| For clubs reports: Club reports are due to the County Food, Nutrition and Health Chairman by July 1, 2024 . | |
| Club Name: _____ | |
| For county reports: County reports are due via online surveys by August 15, 2024 . The surveys will be available at http://keha.ca.uky.edu/content/impacts by July 1, 2024. A copy of the submission should be mailed to the Area Food, Nutrition and Health Chairman by August 15, 2024. | |
| County: _____ | Number of Clubs reporting: _____ |

Food, Nutrition and Health (Area Chairs: Please list each county's number of participants.)

1. Number of members who:
 - a. Had an annual physical / check-up _____
 - b. Had a Mammogram _____
 - c. Had an Ovarian Cancer Screening _____
 - d. Had a "first time Ovarian Cancer Screening" _____
 - e. Had a Diabetes Screening _____

2. Number of members who participated in:
 - a. One or more local blood drives _____
 - b. One or more local health fairs _____

3. Food security:
 - a. Number of members who donated to a local food bank or food pantry _____
 - b. Number of members who volunteered time at a local food bank or food pantry _____
 - c. Number of children served by a local "backpack for hunger" program _____

4. Did your club/county host an Ovarian Cancer Awareness fundraiser?
If yes, how many attended? _____ How much money was raised? _____
 - a. Did you participate in other activities to raise awareness of ovarian cancer?

5. Physical Activity:
 - a. Number of members that exercised regularly (20-30 minutes at least 3 times weekly) _____
 - b. Number of members who have helped implement environmental changes to support physical activity (i.e. install a walking path, bike trail, etc.) _____
 - c. Number of members that reported an improvement in overall health due to increased activity _____

6. Nutrition:
 - a. Number of members who gained knowledge and made healthy food choices _____
 - b. Number of members who purchased fresh foods at a local farmers market _____
 - c. Number of members who supplemented their diets with healthy foods they produced/preserved _____

7. On the reverse, please list 1 or 2 exciting food, nutrition and health programs you would like to see implemented.
Please also list up to 2 extra (not listed above) food, nutrition and health programs you are implementing now.

International Program of Work Report
From July 1, 2023, to June 30, 2024

| |
|---|
| Name of person completing this form: _____ Phone: _____ Email: _____ |
| For clubs reports: Club reports are due to the County International Chairman by July 1, 2024 . Club Name: _____ |
| For county reports: County reports are due via online surveys by August 15, 2024 . The surveys will be available at http://keha.ca.uky.edu/content/impacts by July 1, 2024. A copy of the submission should be mailed to the Area International Chairman by August 15, 2024. County: _____ Number of Clubs reporting: _____ |

International

1. Number of members who received lesson information on Healthy Eating Around the World: _____
2. Number of members who tried a new food as a result of participating in Healthy Eating Around the World: _____
3. Number of members who participated in Healthy Eating Around the World: _____
4. Number of members who received updates on Ghana or Philippines: _____
5. Number of members who gained knowledge on Cultural Diversity: _____
6. Number of members who adopted a plan of action on Cultural Diversity: _____
7. Number of members who implemented a plan on Cultural Diversity in communities in Kentucky: _____
8. Number of members who participated in International Month: _____
9. Number of members who received or learned information about ACWW: _____
10. Number of members who received or learned information about NVON: _____
11. Number of members who implemented environmental changes: _____
12. Number of members who gained knowledge on the following:
 - a. Coins for Change _____
 - b. Clean Water and Sanitation _____
 - c. Ghana Library Card _____

Additional Comments or Feedback:

Leadership Development Program of Work Report
From July 1, 2023, to June 30, 2024

| |
|--|
| Name of person completing this form: _____ |
| Phone: _____ Email: _____ |
| For clubs reports: Club reports are due to the County Food, Nutrition and Health Chairman by July 1, 2024 . |
| Club Name: _____ |
| For county reports: County reports are due via online surveys by August 15, 2024 . The surveys will be available at http://keha.ca.uky.edu/content/impacts by July 1, 2024. A copy of the submission should be mailed to the Area Leadership Development Chairman by August 15, 2024. |
| County: _____ Number of Clubs reporting: _____ |

1. Trainings conducted and participation: (Check those that apply and provide participation numbers.)
 - a. Club, county or area officer training _____ Number trained: _____
 - b. Club, county or area chairman training _____ Number trained: _____
2. How did the training you received enable you to achieve your goals?

3. **EXTENSION** Volunteerism: Hours members volunteered for **Extension** activities/events: _____
4. **KEHA** Volunteerism: Hours members volunteered for **KEHA** activities/events: _____
5. **COMMUNITY** Volunteerism: Hours members volunteered for **Community** activities/events: _____
6. **PERSONAL** Volunteerism: Hours members volunteered for **Personal** activities/events: _____
7. Educational scholarships awarded. (Please do not include 4-H Camp scholarships in this section. Report those numbers and amounts via the 4-H Youth Development report.)
 - a. Club scholarships – How many? _____ Total amount given: \$ _____
 - b. County scholarships – How many? _____ Total amount given: \$ _____
 - c. Area scholarships – How many? _____ Total amount given: \$ _____
8. Describe one program that enabled your club, county or area to have a positive impact in your community.

Management and Safety Program of Work Report
From July 1, 2023, to June 30, 2024

| |
|---|
| Name of person completing this form: _____ |
| Phone: _____ Email: _____ |
| For clubs reports: Club reports are due to the County Management and Safety Chairman by July 1, 2024 . |
| Club Name: _____ |
| For county reports: County reports are due via online surveys by August 15, 2024 . The surveys will be available at http://keha.ca.uky.edu/content/impacts by July 1, 2024. A copy of the submission should be mailed to the Area Management and Safety Chairman by August 15, 2024. |
| County: _____ Number of Clubs reporting: _____ |

1. Transferring Cherished Possessions
Number of members who:
 - a. Increased their understanding of what makes up an estate. _____
 - b. Increased their understanding of legal considerations for non-titled property. _____
 - c. Plan to start an Asset Distribution Plan. _____
 - d. Plan to start writing a Letter of Last Instruction. _____
 - e. Plan to contact an estate planning professional. _____
 - f. Plan to update or create a will. _____

2. Emergency Health Information Cards
Number of members who:
 - a. Plan to fill out and use an EHI Card for self. _____
 - b. Plan to share the information and/or EHI card template with others. _____
 - c. Number of people with whom members shared the EHI Card: _____

3. Scams and Frauds
Number of members who:
 - a. Feel prepared to protect their money from fraud as a result of the programming: _____
 - b. Received possible fraudulent offers (by phone, email, mail, in-person, etc.): _____
 - c. Took steps to reduce offers: _____
 - d. Implemented strategies to protect themselves from scams, frauds, and security breaches: _____
 - e. Reported potential scams to authorities: _____
 - f. Actively monitored for identity theft by checking annual credit reports or enrolling in a monitoring program: _____

4. Additional Lessons
Please share a description of ANY other type of management and safety program conducted by your club/county/area.



College of Agriculture,
Food and Environment
Cooperative Extension Service

Natalie Taul

Grayson County Extension Agent for Family and Consumer Sciences
Grayson County Homemaker Advisor

64 Quarry Road, Leitchfield, KY 42754

Phone: 270-259-3492

Fax: 270-259-0291

Email: natalie.taul@uky.edu

Like our Facebook Page: @GraysonCountyCES

Check out the Extension Office website: www.graysonext.org

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.