# KEHA MANUAL

**Handbook**

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</table>
# PERSONNEL DIRECTORY - KENTUCKY EXTENSION HOMEMAKERS ASSOCIATION STATE BOARD

As of July 1, 2011

## STATE OFFICERS

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Mailing Address</th>
<th>County</th>
<th>Term</th>
<th>Phone / E-mail</th>
</tr>
</thead>
</table>
| President                     | Alice Brown         | 44 Tipton Drive Greenup, KY  41144-6621               | Greenup    | 2010-2013     | 606-473-5121  
albrown44@zoominternet.net |
| 1st Vice President / Program  | Nancy Broughton     | P.O. Box 1704 Ashland, KY  41105                     | Boyd       | 2011-2014     | 606-325-3494  
nabs71@roadrunner.com             |
| 2nd Vice President / Member Resources | Joleen Ramey   | 6596 Carter Caves Road Olive Hill, KY  41164-8749   | Carter     | 2009-2012     | 606-286-6151  
rameyfarm@windstream.net           |
| Secretary                     | Brenda R. Hammons  | 110 Vista Court Stanford, KY  40484                  | Lincoln    | 2010-2013     | 606-365-7886  
brendahammons90@yahoo.com         |
| Treasurer                     | Marena Nelson       | 961 Stephens Branch Road Martin, KY  41649-7845     | Floyd      | 2011-2014     | 606-285-0481  
marena@mikrotec.com              |

## STATE CHAIRMEN

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Mailing Address</th>
<th>County</th>
<th>Term</th>
<th>Phone / E-mail</th>
</tr>
</thead>
</table>
| Cultural Arts & Heritage          | Carolyn Poe        | 3204 Georgetown Road Paris, KY  40361-9734           | Bourbon    | 2009-2012     | 859-987-3708  
carolynpocrafts@yahoo.com          |
| Environment, Housing & Energy     | Elizabeth Adams    | 122 Lancaster Street Crab Orchard, KY  40419         | Lincoln    | 2011-2014     | 606-355-2735  
jandeadams@bellsouth.net          |
wanda.atha@ky.gov               |
| Food, Nutrition & Health          | Julie Hook         | 74 County Road 1021 Cunningham, KY  42035            | Carlisle   | 2011-2014     | 270-642-2762  
juilie.hook@carlisle.kyschools.us |
| 4-H Youth Development             | Harlene M. Welch   | 1730 Pedro Pike Cynthiana, KY  41031                  | Harrison   | 2010-2013     | 859-234-3402 |
| International                     | Linda Heflin       | 320 Schmidt Road Paducah, KY  42003-8798             | McCracken  | 2007-2012     | 270-554-7219  
lheflinksi@comcast.net           |
<table>
<thead>
<tr>
<th></th>
<th>Name</th>
<th>Address</th>
<th>City, State, Zip</th>
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</thead>
<tbody>
<tr>
<td>LEADERSHIP DEVELOPMENT</td>
<td>Faye Privett</td>
<td>104 Eagle Bend Drive</td>
<td>Sadieville, KY 40370</td>
<td>Scott</td>
<td>2011-2014 502-857-9733</td>
</tr>
<tr>
<td>MANAGEMENT &amp; SAFETY</td>
<td>Elaine Chenoweth</td>
<td>434 Lick Branch Road</td>
<td>Glasgow, KY 42141-9409</td>
<td>Barren</td>
<td>2009-2013 270-678-5361</td>
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**AREA HOMEMAKER PRESIDENTS**

<table>
<thead>
<tr>
<th>Area</th>
<th>Name</th>
<th>Address</th>
<th>City, State, Zip</th>
<th>Phone</th>
<th>Email</th>
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<tbody>
<tr>
<td>PURCHASE</td>
<td>Linda Lawrence</td>
<td>265 Wilson Road</td>
<td>Water Valley, KY 42085-9526</td>
<td>Fulton</td>
<td>2008-2011 270-355-9820</td>
</tr>
<tr>
<td>PENNYRILE</td>
<td>Martha Hargrove</td>
<td>30 Turley Drive</td>
<td>Belton, KY 42324</td>
<td>Muhlenberg</td>
<td>2010-2013 270-657-8537</td>
</tr>
<tr>
<td>GREEN RIVER</td>
<td>Suzanne Walker</td>
<td>1213 State Route 2834</td>
<td>Sturgis, KY 42459-6112</td>
<td>Union</td>
<td>2010-2012 270-389-1035</td>
</tr>
<tr>
<td>MAMMOTH CAVE</td>
<td>Arlene Skaggs</td>
<td>370 Papa Ct Brownsville</td>
<td>KY 42210-9042</td>
<td>Edmonson</td>
<td>2009-2012 270-597-2403</td>
</tr>
<tr>
<td>LAKE CUMBERLAND</td>
<td>Judy Rexroat</td>
<td>944 Rexroat Butcher Rd</td>
<td>Russell Springs, KY 42642-8935</td>
<td>Russell</td>
<td>2009-2012 270-585-1510</td>
</tr>
<tr>
<td>LINCOLN TRAIL</td>
<td>Michelle Lawson</td>
<td>430 Fairmount Rd</td>
<td>Brandenburg, KY 40108</td>
<td>Meade</td>
<td>2010-2013 270-422-2715</td>
</tr>
<tr>
<td>LOUISVILLE</td>
<td>Delores Mudd</td>
<td>3461 Cedar Grove Road</td>
<td>Shepherdsville, KY 40165-9411</td>
<td>Bullitt</td>
<td>2008-2011 502-543-7226</td>
</tr>
<tr>
<td>NORTHERN KENTUCKY</td>
<td>Marlene McComas</td>
<td>125 Lynnwood Drive</td>
<td>Williamstown, KY 41097</td>
<td>Grant</td>
<td>2010-2013 859-824-5891 or 7555</td>
</tr>
<tr>
<td>FORT HARROD</td>
<td>Debra Pierce</td>
<td>429 Marsailles Versailles</td>
<td>KY 40383-1674</td>
<td>Woodford</td>
<td>2008-2011 859-873-9165</td>
</tr>
<tr>
<td>BLUEGRASS</td>
<td>Pat Perraut</td>
<td>445 KY Hwy 1743</td>
<td>Cynthiana, KY 41031-4715</td>
<td>Harrison</td>
<td>2009-2012 859-234-2670</td>
</tr>
<tr>
<td>LICKING RIVER</td>
<td>Doris Redmond</td>
<td>5633 W KY 10 Tollesboro</td>
<td>KY 41189-8860</td>
<td>Lewis</td>
<td>2009-2012 859-873-9165</td>
</tr>
<tr>
<td>Region</td>
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<tr>
<td>NORTHEAST</td>
<td>Starlene Harris</td>
<td>138 Dickerson Road</td>
<td>Carter</td>
<td>2009-2012</td>
<td>606-286-4522</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Olive Hill, KY 41164-8116</td>
<td></td>
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<tr>
<td>QUICKSAND</td>
<td>Wendy Curry</td>
<td>173 Back Street Jackson</td>
<td>Breathitt</td>
<td>2010-2013</td>
<td>606-666-7037</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Jackson, KY 41339-9076</td>
<td></td>
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<tr>
<td>WILDERNESS TRAIL</td>
<td>Devonna Hisel</td>
<td>1845 Azbill Road McKee</td>
<td>Jackson</td>
<td>2008-2011</td>
<td>606-965-3063</td>
</tr>
<tr>
<td></td>
<td></td>
<td>McKee, KY 40447</td>
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**OTHER**

(non-voting Board members)

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
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<th>County</th>
<th>Years</th>
<th>Phone</th>
<th>Email</th>
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</thead>
<tbody>
<tr>
<td>PARLIAMENTARIAN</td>
<td>Barbara Brown</td>
<td>315 Stoney Pt. Grayson, KY 41143-6460</td>
<td>Greenup</td>
<td>2007-2010</td>
<td>606-473-5374</td>
<td><a href="mailto:dolmaker@earthlink.net">dolmaker@earthlink.net</a></td>
</tr>
<tr>
<td>MASTER FARM HOMEMAKER</td>
<td>Patty Ann Moorhead</td>
<td>3015 Willow Neave Road Falmouth, KY 41040-8409</td>
<td>Bracken</td>
<td>2009-2012</td>
<td>606-735-3416</td>
<td><a href="mailto:pmoorheauky@windstream.net">pmoorheauky@windstream.net</a></td>
</tr>
<tr>
<td>KEAFCS PRESIDENT</td>
<td>Rosie Allen</td>
<td>Gallatin County Extension P.O. Box 805</td>
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<td>2011</td>
<td>859-567-5481</td>
<td><a href="mailto:rallen@uky.edu">rallen@uky.edu</a></td>
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<tr>
<td></td>
<td></td>
<td>Warsaw, KY 41095-5481</td>
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<tr>
<td>KEHA ADVISOR</td>
<td>Kim Henken</td>
<td>102 Erikson Hall University of Kentucky</td>
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<td></td>
<td>(Rose Runyons, Staff Support</td>
<td>Lexington, KY 40506-0050</td>
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</tr>
<tr>
<td></td>
<td>Associate)</td>
<td></td>
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<tr>
<td>Director, School of Human</td>
<td>Dr. Ann Vail</td>
<td>102 Erikson Hall University of Kentucky</td>
<td>Fayette</td>
<td></td>
<td>859-257-3887 (O) 859-257-9032 (F)</td>
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</tr>
<tr>
<td>Environmental Sciences/Assistant Director, Family &amp; Consumer Sciences</td>
<td><em>(Darlene Tipton, Administrative Support Associate)</em></td>
<td>Lexington, KY 40506-0050</td>
<td></td>
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June 2011
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<tr>
<th>ADVISORS TO STATE CHAIRMEN (not on KEHA Board)</th>
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<tbody>
<tr>
<td><strong>CULTURAL ARTS &amp; HERITAGE ADVISOR</strong></td>
</tr>
<tr>
<td>Connee Wheeler</td>
</tr>
<tr>
<td>102E Erikson Hall, U.K.</td>
</tr>
<tr>
<td>Lexington, KY 40506-0050</td>
</tr>
<tr>
<td>Fayette</td>
</tr>
<tr>
<td>859-257-3888 (O)</td>
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<tr>
<td><a href="mailto:cwheeler@uky.edu">cwheeler@uky.edu</a></td>
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<tr>
<td><strong>ENVIRONMENT, HOUSING &amp; ENERGY ADVISOR</strong></td>
</tr>
<tr>
<td>Ashley Osborne</td>
</tr>
<tr>
<td>N-122 Ag Science Center North, UK</td>
</tr>
<tr>
<td>Lexington, KY 40546-0091</td>
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<tr>
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</tr>
<tr>
<td>859-257-2505(O)</td>
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<tr>
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<td><strong>FAMILY &amp; INDIVIDUAL DEVELOPMENT ADVISOR</strong></td>
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<tr>
<td>Carole Gnatuk</td>
</tr>
<tr>
<td>304A Funkhouser Bldg., U.K.</td>
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<td>Lexington, KY 40506-0054</td>
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</tr>
<tr>
<td>859-257-7753 (O)</td>
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<td><a href="mailto:cgnatuk@email.uky.edu">cgnatuk@email.uky.edu</a></td>
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<td><strong>FOOD, NUTRITION &amp; HEALTH ADVISOR</strong></td>
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</tr>
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<td>218 Funkhouser Building, U.K.</td>
</tr>
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<td>Fayette</td>
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<td>859-257-7480 (O)</td>
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<td>859-257-3707 (F)</td>
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<tr>
<td><strong>4-H/YOUTH DEVELOPMENT ADVISOR</strong></td>
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<tr>
<td>Deana Reed</td>
</tr>
<tr>
<td>212 Scovell Hall, U.K.</td>
</tr>
<tr>
<td>Lexington, KY 40546-0064</td>
</tr>
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<td>Fayette</td>
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<tr>
<td>859-257-5961 (O)</td>
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<td>859-257-9511 (F)</td>
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<td><a href="mailto:dkreed@uky.edu">dkreed@uky.edu</a></td>
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<tr>
<td><strong>INTERNATIONAL ADVISOR</strong></td>
</tr>
<tr>
<td>Hazel Forsythe</td>
</tr>
<tr>
<td>202 Funkhouser Bldg., U.K.</td>
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<tr>
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<tr>
<td>859-257-4146 (O)</td>
</tr>
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<td>859-257-3707 (F)</td>
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<tr>
<td><a href="mailto:nfshazel@email.uky.edu">nfshazel@email.uky.edu</a></td>
</tr>
<tr>
<td><strong>LEADERSHIP DEVELOPMENT ADVISOR</strong></td>
</tr>
<tr>
<td>Laura Stephenson</td>
</tr>
<tr>
<td>102 Erikson Hall, U.K.</td>
</tr>
<tr>
<td>Lexington, KY 40506-0050</td>
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<td>Fayette</td>
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<tr>
<td>859-257-3887 (O)</td>
</tr>
<tr>
<td>859-257-7565 (F)</td>
</tr>
<tr>
<td><a href="mailto:laura.stephenson@uky.edu">laura.stephenson@uky.edu</a></td>
</tr>
<tr>
<td><strong>MANAGEMENT &amp; SAFETY ADVISORY</strong></td>
</tr>
<tr>
<td>Bob Flashman</td>
</tr>
<tr>
<td>303 Funkhouser Bldg., U.K.</td>
</tr>
<tr>
<td>Lexington, KY 40506-0054</td>
</tr>
<tr>
<td>Fayette</td>
</tr>
<tr>
<td>859-257-7753 (O)</td>
</tr>
<tr>
<td>859-257-3212 (F)</td>
</tr>
<tr>
<td><a href="mailto:rflashma@uky.edu">rflashma@uky.edu</a></td>
</tr>
</tbody>
</table>

Updated May 2011
KENTUCKY COOPERATIVE EXTENSION SERVICE PERSONNEL

University of Kentucky Administrative Staff

Dr. Eli Capilouto, President, University of Kentucky
Dr. M. Scott Smith, Dean, College of Agriculture; Director Land Grant Programs
Dr. Jimmy C. Henning, Associate Dean for Extension and Director Cooperative Extension Service
Dr. Ann Vail, Director of the School of Human Environmental Sciences and Assistant Director, Family and Consumer Sciences Extension
Dr. Laura Stephenson, Assistant Director for Family and Consumer Sciences Extension Field Programs
Mrs. Kimberly Henken, Assistant to the Director, School of Human Environmental Sciences; KEHA State Advisor
Dr. Gary Palmer, Assistant Director for Agriculture & Natural Resources Extension
Dr. Charlene Jacobs, Assistant Director for 4-H Youth Development Programs
Dr. Ken Jones, Director of Program and Staff Development
Karen Ramage, Assistant Director for Operations

Kentucky State University Administrative Staff

Dr. Harold R. Benson, Interim Dean, College of Agriculture, Food Science and Sustainable Systems; and Director, Land Grant Programs
Dr. Kimberly Holmes, Associate Director, Land Grant Programs

District Directors

District 1 – Northeast/Licking River       David Adams
District 2 – Quicksand/Wilderness Trail   Louise Moore
District 3 – Louisville/Northern KY       Jeff Young
District 4 – Ft. Harrod/Bluegrass        Roger Sparrow
District 5 – Lincoln Trail/Lake Cumberland Anna Smith
District 6 – Green River/Mammoth Cave    David Herbst
District 7 – Purchase/Pennyville         Matt Fulkerson

Regional Program & Development Coordinators

West Region       Jeanne Davis
East Region       Chuck Stamper

Handbook 8
June 2011
**UNIVERSITY OF KENTUCKY**

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ingrid Adams, Ph.D.</td>
<td>Nutrition and Weight Management</td>
</tr>
<tr>
<td>Kerri Ashurst, Ph.D.</td>
<td>Children, Youth, and Families at Risk and Operation: Military Kids Project</td>
</tr>
<tr>
<td>Tyrone Atkinson, B.S.</td>
<td>Operation: Military Kids Project</td>
</tr>
<tr>
<td>Marjorie Baker, M.S.</td>
<td>Clothing and Textiles</td>
</tr>
<tr>
<td>Sandra Bastin, Ph.D.</td>
<td>Foods &amp; Nutrition</td>
</tr>
<tr>
<td>Sarah Brandl, M.S.</td>
<td>Nutrition Education Programs</td>
</tr>
<tr>
<td>Elizabeth Buckner, M.S.</td>
<td>Nutrition Education Programs</td>
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<tr>
<td>Diana Drury, M.S.</td>
<td>Nutrition Education Programs</td>
</tr>
<tr>
<td>Brian Fitzpatrick, M.S.</td>
<td>Systems Analyst/Programmer</td>
</tr>
<tr>
<td>Robert H. Flashman, Ph.D.</td>
<td>Family Resource Management</td>
</tr>
<tr>
<td>Carole Gnatuk, Ed.D.</td>
<td>Child Development</td>
</tr>
<tr>
<td>Amy Hosier, Ph.D.</td>
<td>Family Life</td>
</tr>
<tr>
<td>Jennifer Hunter, M.S.</td>
<td>Family Financial Management</td>
</tr>
<tr>
<td>Katie Keith, B.S.</td>
<td>Family Finance</td>
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<tr>
<td>Janet Kurzynske, Ph.D.</td>
<td>Foods &amp; Nutrition</td>
</tr>
<tr>
<td>Rusty Manseau, B.A.</td>
<td>Graphic Artist</td>
</tr>
<tr>
<td>Rita May, B.S.</td>
<td>Nutrition Education Programs</td>
</tr>
<tr>
<td>Leslie McCammish, B.S.</td>
<td>Nutrition Education Programs</td>
</tr>
<tr>
<td>Janet Tietyen Mullins, Ph.D.</td>
<td>Foods and Nutrition</td>
</tr>
<tr>
<td>Deborah Murray, M.A.</td>
<td>Specialist &amp; Associate Director, HEEL Project</td>
</tr>
<tr>
<td>Nicole Peritore, B.A.</td>
<td>Extension Coordinator, HEEL Project</td>
</tr>
<tr>
<td>Mark Purschwitz, Ph.D.</td>
<td>Agricultural Safety and Health Specialist</td>
</tr>
<tr>
<td>Pam Sigler, M.S.</td>
<td>Curriculum and Instruction</td>
</tr>
<tr>
<td>Lauren Smith, M.S.</td>
<td>Military-Extension Adventure Camps Project Coordinator</td>
</tr>
<tr>
<td>Jackie Walters, M.B.A.</td>
<td>Nutrition Education Programs</td>
</tr>
<tr>
<td>Connee Wheeler, M.S.</td>
<td>Publication Manager/Disaster and Emergency Preparedness Programs</td>
</tr>
</tbody>
</table>

**KENTUCKY STATE UNIVERSITY**

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>Joanne Bankston, Ph.D.</td>
<td>Family Economics and Management</td>
</tr>
<tr>
<td>LeChrista Finn, M.P.H.</td>
<td>Health</td>
</tr>
</tbody>
</table>
c. The qualifications for nominees for state officers and elected chairman shall be as follows:

(1) A nominee for President-elect or First Vice President must be a member of KEHA, have served as a County Extension Homemakers Association President and on the KEHA Board of Directors.

(2) A nominee for Second Vice President must be a member of KEHA, and must have served as a County Extension Homemakers Association President.

(3) A nominee for Secretary must be a member of KEHA and should understand the importance of preserving the official records of KEHA, have the ability to write accurate minutes, and provide a safe repository for official records. A nominee must have served as a county or area secretary of an Extension Homemakers Association.

(4) A nominee for Treasurer must be a member of KEHA and shall be eligible for bonding, knowledgeable in bookkeeping and familiar with long and short term investments. A nominee must have served as Treasurer of the County or Area Extension Homemakers Association.

(5) A nominee for Elected Educational Program Chairman must be a member of KEHA and must have served or be serving as an officer, or Educational Program Chairman of the County or Area Extension Homemakers Association.

d. Board members cannot serve in two positions simultaneously on the KEHA Board.

e. A state officer, state Elected Chairman or Area President of KEHA may not resign from a presently held position in order to run for another KEHA state board position. An individual appointed to fill a vacancy shall be eligible to run for an elected position.

f. After the meeting of the Nominating Committee, they shall notify the nominees and verify their availability and request their attendance at the KEHA Annual Meeting at which the election is to be held. The entire credentials of the nominees, as submitted, shall go to each county's two voting delegates and to the County Extension Family Consumer Sciences Agent at least two weeks before the KEHA Annual Meeting. Supplementary materials should not be circulated or considered.

g. If no nominations for an Officer or Elected Chairman have been received by the nominating committee by the thirty (30) days prior to the KEHA Annual Meeting, nominations may be made from the floor by any voting delegate provided the candidate meets the qualifications for eligibility in Article III, Section 3, as verified by the nominating committee. Credentials must be submitted before the opening session of the KEHA Annual Meeting.

h. Election shall be by ballot unless there is but one (1) nominee for the office, in which case a show of the voting cards may be taken at the business meeting of the KEHA Annual Meeting. A candidate must receive a majority vote of the official delegates voting to be elected. If a majority is not reached after two ballots are cast, only the two candidates receiving the largest number of votes on the last ballot shall remain on the ballot for the final vote.
i. The Secretary shall be elected the year the President-elect moves up to President, the First Vice-President and Treasurer shall be elected the following year, and the President-elect and Second Vice President the next year.

j. Officers, with the exception of President-elect, shall serve for a term of three years or until their successors are elected or appointed. The President-elect shall serve for one year, followed by a three year term as President. No officer shall succeed himself/herself in the same office. New officers will take office July 1.

k. Elected Education Program Chairmen shall serve for a term of three years or until a successor is elected or appointed. No elected Chairman shall succeed himself/herself in the same office. New Chairmen will take office July 1.

(1) The following Chairmen shall be elected the same year as the Treasurer and First Vice President.
   Environment, Housing & Energy
   Leadership Development
   Food, Nutrition & Health

(2) The following Chairmen shall be elected the same year as the President Elect and Second Vice President.
   Family & Individual Development
   Cultural Arts & Heritage
   International

(3) The following Chairmen shall be elected the same year as the Secretary.
   4-H Youth Development
   Management & Safety

*See proviso below*

l. The Executive Committee shall be responsible for making appointments to fill the vacancy occurring in any elected position with the exception of President or President-elect. The appointment shall be for the remainder of the unexpired term. In the event of a vacancy occurring in the office of President, the First Vice President shall fill the unexpired term. Any open position will be announced and credentials will be accepted that are postmarked within thirty (30) days of the announcement.

m. In the event of a vacancy occurring in the office of President-elect, the First Vice-President shall assume the duties of the President-elect and an election for President will be held at the next KEHA annual meeting.

*Proviso: In 2009, the Management & Safety Chairman would be elected to a term of four (4) years. In 2013, the Management & Safety Chairman would be elected with the term reverting back to three (3) years. In 2010, the person serving as International Chairman would have the option of remaining as International Chairman for an additional two year term. If she did not choose to remain in that office, a new International Chairman would be elected for a two year term. In 2012, an International Chairman would be elected and the term would revert back to three (3) years.*
# KEHA REMINDER CALENDAR

<table>
<thead>
<tr>
<th>Month</th>
<th>Reminder Notes</th>
</tr>
</thead>
</table>
| July      | 1<sup>st</sup> - Club Program of Work Reports are due to County Educational Chairmen  
Prepare club organizational materials for the new KEHA year  
Plan for county and club officer training                                                                 |
| August    | 15<sup>th</sup> - County Program of Work Reports are due to Area Educational Chairmen  
Plan for Membership Drive  
Plan for marketing homemakers  
Hold officer Training  
Hold County Council Meeting                                  |
| September | 15<sup>th</sup> - Area Program of Work Reports are due to the State Educational Chairmen                                                        |
| October   | Plan for next program year  
Area Annual Meetings  
Kentucky Extension Homemakers Week (second full week)  
Names of Area Officers to be sent to State President and KEHA Advisor  
KEHA State Meeting Presenter Forms Due                         |
| November  | 15<sup>th</sup> - Due date for 990N (e-postcard) or 990 tax return for groups with fiscal year ending June 30  
KEHA Fall Board Meeting                                       |
| December  | **Mail dues by December 15  (Delinquent after December 31)**  
Membership report due to Area President or Vice President by December 31                                      |
| January   | Updates for Newsletter Database are due by January 15                                                                                          |
| February  | 1<sup>st</sup> – Membership Report due to State 2<sup>nd</sup> Vice President                                                                         |
| March     | 1<sup>st</sup> - **All contests, awards, applications, scholarships, 50 year members, etc., for KEHA state meeting due**  
KEHA Spring Board Meeting  
State Officer, State Educational Chairmen, and Area President Annual Reports sent to Kim Henken electronically (via email attachment or disk delivered at Spring Board Meeting) |
| April/ May| Registration due for KEHA State Meeting  
KEHA State Meeting  
15<sup>th</sup> - Due date for 990N (e-postcard) or 990 tax return for groups with fiscal year ending June 30 |
Activities:
1. Visit Kentucky state parks, including 17 state resort parks, 24 recreational parks and 11 historic sites. Read about and visit historical places all over the state.
2. Invite a speaker to share information about a local historic site.
3. Adopt a historical place. Learn the age of the building. If it is a home, research who lived there and what kind of life they had there. If it is a business, learn what kind of businesses the building housed previously.
4. Visit the Kentucky History Center in Frankfort.
5. KEHA county associations decorate state park lodges or other sites for the holidays.
6. Hold county programs and workshops open to the public, at the park lodges and/or campgrounds. Encourage participation from park visitors.

Homemaker Lesson: Kentucky Vacations in our own Backyard
Learn more about the more than 50 Kentucky state parks, including historic sites and recreation areas. These include more than 50,000 acres and provide a wealth of both natural beauty and historic preservation. Kentucky parks receive more than 7 million visitors each year. Shouldn’t you be one too?

Contest: Visit your Kentucky State Parks
NEW! A recognition/award program will be initiated for KEHA members who visit the Kentucky State Parks. Please use the “Know Your Kentucky State Parks” Cultural Arts and Heritage Contest Card to record your visits to state parks and historical sites. Cards must be mailed to Carolyn Poe, KEHA Cultural Arts Chairman, 3204 Georgetown Rd., Paris, KY 40361 and postmarked by 3/1/12 to be entered in the contest. (Card follows page 43 in KEHA Manual, Handbook section.)

2012 to 2013

Situation: The National Association of Adult Literacy defines literacy as “using printed and written information to function in society, to achieve one’s goals, and to develop one’s knowledge and potential.” According to the State Assessment of Adult Literacy more than 40 percent of working-age Kentucky residents have very few to below average reading skills. Kentucky also ranks 50th out of 51 states and districts in the percentage of adults over 25 with a high school diploma or GED. Kentucky adults have made many gains in literacy in recent years but clearly there is still much work to do.

Research indicates reading to infants, toddlers, and preschoolers is the single most important activity for achieving academic success.

Focus: Reading and Kentucky Literacy

Goal: To improve the reading levels and encourage reading for both adults and youth. To increase the Kentucky literacy rate.

Objectives:
1. To provide opportunities for Extension Homemakers to encourage reading in preschool age children.
2. To encourage reading for pleasure for Extension Homemaker members.
3. To encourage the organization of county Extension Homemaker book clubs.

Handbook 42
June 2011
Activities:
1. County and club Homemaker organizations will organize programs to read to preschool age children.
2. County Homemaker organizations will organize Homemaker book clubs.
3. Extension Homemaker members will participate in the Homemaker reading program.
4. Extension homemaker members will volunteer as adult reading tutors in their county.

Contest: Love to Read
An enhanced reading award program will be developed.
### “Know Your Kentucky State Parks” Cultural Arts and Heritage Contest Card

Win a free night at Kentucky State Park, free park admission, or $25 gift certificate

#### Kentucky State Resort Parks

<table>
<thead>
<tr>
<th>Park</th>
<th>Date</th>
<th>Initial</th>
<th>Date</th>
<th>Initial</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barren River</td>
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<tr>
<td>Blue Licks Battlefield</td>
<td></td>
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<tr>
<td>Buckhorn Lake</td>
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<tr>
<td>Carter Caves</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Cumberland Falls</td>
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<td></td>
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<tr>
<td>Dale Hollow Lake</td>
<td></td>
<td></td>
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<tr>
<td>General Butler</td>
<td></td>
<td></td>
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<tr>
<td>Greenbo Lake</td>
<td></td>
<td></td>
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<tr>
<td>Jenny Wiley</td>
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<td></td>
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<tr>
<td>Kenlake</td>
<td></td>
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<tr>
<td>Kentucky Dam Village</td>
<td></td>
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<tr>
<td>Lake Barkley</td>
<td></td>
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<tr>
<td>Lake Cumberland</td>
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<tr>
<td>Natural Bridge</td>
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<td></td>
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<tr>
<td>Pennyville Forest</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Pine Mountain</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Rough River Dam</td>
<td></td>
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</tbody>
</table>

#### Directions:

Visit the more than 50 Kentucky State Resort Parks, Recreation Parks, and Historic Sites from July 1, 2011 to February 29, 2012.

At each Park location have your Contest Card stamped With the Kentucky State Parks Passport Stamp. Stamps are generally located in the gift shop or front desk area. Be sure to stamp in the correct square and include the date you visited each park. Someone from the park must initial the square. Only one stamp per location will be allowed.

Mail your Contest Card to Carolyn Poe
KEHA Cultural Arts Ch. 3204 Georgetown Rd. Paris, KY 40361

All Contest Cards must be postmarked by 3/1/12

Name__________________ County_______
<p>| Date_________ | Initial_________ |
| Breaks Interstate | Kentucky Historic Sites |
| Date_________ | Initial_________ |
| Boone Station | Constitution Square |
| Date_________ | Initial_________ |
| Dr. Thomas Walker Home | Jefferson Davis Monument |
| Date_________ | Initial_________ |
| Old Mulkey Meeting House | Perryville Battlefield |
| Date_________ | Initial_________ |
| Waveland | White Hall |
| Date_________ | Initial_________ |
| Wickliffe Mounds | William Whitley House |
| Date_________ | Initial_________ |
| Kentucky Recreation Parks | Big Bone Lick |
| Date_________ | Initial_________ |
| Carr Creek | Columbus Belmont |
| Date_________ | Initial_________ |
| E.P. Tom Sawyer | Fishtrap Lake |
| Date_________ | Initial_________ |
| Fort Boonesborough | General Burnside |
| Date_________ | Initial_________ |
| Grayson Lake | Green River Lake |
| Date_________ | Initial_________ |
| John James Audubon | Kincaid Lake |
| Date_________ | Initial_________ |
| Kingdom Come | Lake Malone |
| Date_________ | Initial_________ |
| Levi Jackson Wilderness Road | Lincoln Homestead |
| Date_________ | Initial_________ |
| Mineral Mound | My Old Kentucky Home |
| Date_________ | Initial_________ |
| Nolin Lake | Old Fort Harrod |
| Date_________ | Initial_________ |
| Paintsville Lake | Pine Mountain Scenic Trail |
| Date_________ | Initial_________ |
| Taylorsville Lake | Yatesville Lake |</p>
<table>
<thead>
<tr>
<th>CATEGORIES</th>
<th>SUBCATEGORIES</th>
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</thead>
<tbody>
<tr>
<td>1. APPAREL</td>
<td>Novelty</td>
</tr>
<tr>
<td></td>
<td>Basic Sewing</td>
</tr>
<tr>
<td></td>
<td>Quilted</td>
</tr>
<tr>
<td></td>
<td>Pieced</td>
</tr>
<tr>
<td></td>
<td>Appliquéd</td>
</tr>
<tr>
<td>2. ART, 3-DIMENSIONAL</td>
<td>Accessory</td>
</tr>
<tr>
<td></td>
<td>Carving</td>
</tr>
<tr>
<td>3. ART, NATURAL</td>
<td>Wood</td>
</tr>
<tr>
<td></td>
<td>Other</td>
</tr>
<tr>
<td>4. BASKETRY</td>
<td>Plain</td>
</tr>
<tr>
<td></td>
<td>Dyed Material</td>
</tr>
<tr>
<td></td>
<td>Novelty</td>
</tr>
<tr>
<td></td>
<td>Miniature (under 4 inch)</td>
</tr>
<tr>
<td>5. BEADING</td>
<td>Cane</td>
</tr>
<tr>
<td></td>
<td>Non-jewelry Item/Wearable</td>
</tr>
<tr>
<td></td>
<td>Knitting or Crochet with Beads</td>
</tr>
<tr>
<td></td>
<td>Bead-weaving</td>
</tr>
<tr>
<td>6. CERAMICS</td>
<td>Miscellaneous</td>
</tr>
<tr>
<td></td>
<td>Hand-formed</td>
</tr>
<tr>
<td></td>
<td>Molded</td>
</tr>
<tr>
<td>7. COUNTED CROSS STITCH</td>
<td>Pre-made</td>
</tr>
<tr>
<td></td>
<td>14 Count &amp; Under</td>
</tr>
<tr>
<td></td>
<td>16 - 22 Count</td>
</tr>
<tr>
<td></td>
<td>Specialty Cloth (linens, etc.)</td>
</tr>
<tr>
<td>8. CROCHET</td>
<td>Yarn</td>
</tr>
<tr>
<td></td>
<td>Thread</td>
</tr>
<tr>
<td>9. DOLL/TOY MAKING</td>
<td>Porcelain/China</td>
</tr>
<tr>
<td></td>
<td>Cloth</td>
</tr>
<tr>
<td></td>
<td>Handmade Toy other than Porcelain/China or Cloth</td>
</tr>
<tr>
<td>10. DRAWING</td>
<td>Pastels</td>
</tr>
<tr>
<td></td>
<td>Pen &amp; Ink</td>
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<tr>
<td></td>
<td>Pen &amp; Ink with Oil Roughing</td>
</tr>
<tr>
<td></td>
<td>Pencil-Black</td>
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<tr>
<td></td>
<td>Pencil-Color</td>
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<td>11. EMBROIDERY</td>
<td>Basic Embroidery</td>
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<tr>
<td></td>
<td>Crewel</td>
</tr>
<tr>
<td></td>
<td>Candle Wicking</td>
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<td>Smocking</td>
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<td>Ribbon</td>
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<td>Machine Embroidery</td>
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<tr>
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<td>Swedish</td>
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<td></td>
<td>Tatting/Lace Making</td>
</tr>
<tr>
<td></td>
<td>Miscellaneous</td>
</tr>
<tr>
<td>12. FELTING*</td>
<td>Wet Method</td>
</tr>
<tr>
<td></td>
<td>Needle Method</td>
</tr>
<tr>
<td>13. HOLIDAY DECORATIONS</td>
<td>Spring</td>
</tr>
<tr>
<td></td>
<td>Summer</td>
</tr>
<tr>
<td></td>
<td>Autumn</td>
</tr>
<tr>
<td></td>
<td>Winter</td>
</tr>
</tbody>
</table>
CULTURAL ARTS EXHIBIT CATEGORIES ~ 2012 Continued

14. JEWELRY.................................................................................................................................Original Design
..................................................................................................................................................Beaded
..................................................................................................................................................Mixed Media (wire, chain maille, mixed with beads)
15. KNITTING.................................................................................................................................Hand
16. NEEDLEPOINT .........................................................................................................................Cloth Canvas
..................................................................................................................................................Plastic
17. PAINTING, ART .......................................................................................................................Oil
..................................................................................................................................................Acrylic
..................................................................................................................................................Water Color
18. PAINTING, CHINA .......................................................................................................................
19. PAINTING, DECORATIVE ........................................................................................................Wood
..................................................................................................................................................Metal
..................................................................................................................................................Other
20. PHOTOGRAPHY .....................................................................................................................Black & White (mounted & framed)
..................................................................................................................................................Color (mounted & framed)
21. PILLOWS**...............................................................................................................................
22. QUILTS .....................................................................................................................................Machine Appliqué (machine quilted)
..................................................................................................................................................Hand Appliqué (hand quilted)
..................................................................................................................................................Hand Pieced (hand quilted)
..................................................................................................................................................Machine Pieced (hand quilted)
..................................................................................................................................................Machine Pieced (machine quilted)
..................................................................................................................................................Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
..................................................................................................................................................Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
..................................................................................................................................................Baby or Lap (hand quilted)
..................................................................................................................................................Technology Based (hand or machine quilted)
..................................................................................................................................................M miscellaneous (hand or machine quilted)
23. RECYCLED ART (Include a before and after picture) .............................................................Clothing
................................................................................................................................................... Household
..................................................................................................................................................Other
24. RUG MAKING ..........................................................................................................................
25. SCRAPBOOKING*** .................................................................................................................Heritage Layout
..................................................................................................................................................Family Layout
..................................................................................................................................................Miscellaneous Layout
..................................................................................................................................................Collage Layout
26. WALL or DOOR HANGING ................................................................................................. Fabric
..................................................................................................................................................Other
27. WEAVING ...............................................................................................................................
..................................................................................................................................................Loom
..................................................................................................................................................Hand (macramé, caning)
28. 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.

** The pillow category is for pillows made using techniques not included in other categories. Patchwork and quilted pillows are examples that may be entered in this category; however, needlepoint and embroidered pillows should be entered in their respective categories.

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

- **Greening Your Home**
  Green products and practices can improve our quality of life in both our homes and our communities. Learn how to evaluate and make the best choices from the growing number of green products. Are they really as effective as advertised? How do they contribute to a healthy living environment? How green are you willing to be in your homes?

- **Home Cleaning Products…Safe, Healthy and Green**
  Green cleaning products and practices provide a healthy, safe option for the everyday cleaning jobs around your home. This lesson includes information on cleaning products and supplies as well as techniques for making various housekeeping jobs easier and more effective.

Contest(s):

Let us know how you have made your home green. Submit a one-page description describing actions, practices and other changes on how you have gone green this past year. Pictures may be included to help tell your story. Entries are due by March 1. Please include the contest cover sheet (appendix page 1). Send to Helen Eden, 126 Dave Eden Road, Berea, KY 40403.

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**Second Year of Work**

**Focus:** A Question of Energy

**Objectives:**
1. Increase knowledge and skills in making a home more energy efficient.
2. Explore options for identifying products and recommended energy management practices that will use energy efficiently.
3. Identify energy management practices with lighting in the home.
4. Learn advantages, disadvantages, and proper disposal of compact fluorescent lamps used in home lighting.

**Activities:**
1. Invite a representative from a local utility provider (electric or gas) to share information on energy management, selection of appliances and saving on utility bills.
2. Take a field trip to a local retail outlet or lighting business to learn about energy-wise products for your home.
3. Encourage each member to convert at least one room to compact fluorescent lighting.
4. Encourage all members to participate in the calendar activity with all money collected from this activity to be donated to a local community assistance program that helps to provide heating and cooling to those in need.
Lessons:

- **Energy Use in the Home.**
  The lesson focuses on specifics for reducing energy use in the home, including methods most likely to have the best payback on energy bills. Choices in heating and cooling systems and appliances as well as other products and practices that could be considered for the home (lighting, use of appliances, water heating, windows treatments, etc.) will be included.

- **Energy-wise Lighting Products and Practices.**
  This lesson focuses on energy management as related to home lighting products and practices. Emphasis is given to the selection, use, and disposal of compact fluorescent lamps (CFLs) as well as new developments in LED lighting. Timers, dimmers, and other lighting products commonly available will be included.

**Contest(s):**
Let us know the changes you have made and how you are promoting wise energy use in the home. Submit a 1-page written or typed description on how you are using wise energy management practices in the home. Pictures can be included with the 1-page description.

---

**Third Year of Work**

**Focus: Energy Crossroads: Sun, Wind and Water**

**Objectives:**
1. Build a greater understanding of how natural lighting and landscaping can aid in energy conservation.
2. Learn ways of utilizing these sources to better manage our lifestyle needs and preserve our environment.
3. Educate people on best water conservation practices in their homes and daily activities.
4. Share with others the information learned and how important it is for all or us to participate.

**Suggested Activities:**
1. Tour a solar-powered home in your community.
2. Invite a landscape designer, Master Gardener, or an Extension agent to speak to your group on ways to utilize plants and water to maximize green concepts.
2. Plan a group “paint your rain barrel” day.

**Lessons:**

- **Saving Energy and Money: Making the most of your home and landscape.**
  This lesson focuses on the use of natural lighting and landscaping to conserve energy and save money.

- **Saving Water and Energy in Your Home and Garden**
  This lesson will guide homemakers in ways to reduce energy consumption in their home and garden by conserving water.
Contest(s):
Paint a rain barrel! Submit color photo of the finished product and tell how it will be used. The contest winner’s photo will be published in the quarterly University of Kentucky Environmental and Natural Resource Issues Task Force newsletter and online at the See Blue Go Green website.
Suggested Activities

- Use the lesson, *Grandparents and Grandchildren Together*, as a primary resource in addition to other Family Life Extension programs.
- Plan a Grandparent’s Day at your county fair, using the 2010 Franklin County Fair pilot project as a model.
- Recognize isolation of grandparents raising grandchildren full-time by offering to assist your county FCS agent with workshops to discuss common issues and alternative ways to work through them.
- Organize a workshop on the physical and mental health of grandparents by working with your county or district department of public health or another health professional.
- Invite a guest to one of your meetings to extend knowledge base of age appropriate electronic media.
- Organize a workshop for grandparents and other relatives raising grandchildren on the issues of age appropriate use of electronic media in the family.

Focus III: Encouraging a Healthier Lifestyle (in collaboration with the Management and Safety and the Food, Nutrition, and Health Areas’ Programs of Work)

Rationale
Kentuckians remain among the least healthy Americans. Health risks of adults in Kentucky in 2007 included 32 percent having a lack of physical activity, 29 percent rated as obese, and nine percent diagnosed with diabetes (The Health of Kentucky: A County Assessment. Kentucky Institute of Medicine, 2007). There are documented reasons why many Kentuckians are unhealthy. Data from the 2000 Census show that 140,519 families, or 12.7 percent, live below poverty level. Food stamp recipients number 639,394. The unemployment rate in August, 2009, was 10.8 percent (Kentucky Labor Force Estimates from the Kentucky Office of Employment and Training). In 2007, 14 percent of people under age 65 were uninsured (The Health of Kentucky: A County Assessment. Kentucky Institute of Medicine, 2007). However, these dismal statistics do not have to be the last word on the health and well-being of Kentuckians. Educational interventions by Kentucky Cooperative Extension educators and other agencies have been successful in making decisions that have improved their health and well-being (Building Strong Families for Kentucky, Health Education through Extension Leadership (HEEL) fact sheet, 2009). Therefore, three program areas of Kentucky Extension Homemakers have decided to collaborate to encourage Homemakers across the state to practice healthier lifestyles and more positive outlook on life by improving the condition of their bodies through participation in the following lessons and activities.

Goals

- Increase Extension Homemakers’ awareness of the importance of a healthy body as a major component of a healthy lifestyle
- Encourage Homemakers and their families to make at least one positive lifestyle change

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June 2011
Lesson

Supporting Materials
- Full *Matter of Balance* program, planned for two hours a week for eight weeks
- *Don’t Let Falls Get You Down*, author Dr. Amy Hosier, Extension Family Life Specialist
- *UK Extension’s Universe of Possibilities: Skills for Creating Happiness and Blessing Others*, Module 7, Accepting and Loving Your Body

Suggested Activities:
- Implement the easy exercises included in the *Matter of Balance* overview during the KHEA lesson.
- Join a YMCA, Fitness Club, Exercise Gym, etc.
- Develop your own exercise group and/or have an exercise buddy.
- Set personal goals and stick to them.
- Have a physical therapist do a workshop on exercises.
- Know your risk factors for Cardiovascular Disease and establish primary prevention strategies.
- Plan exercise on those sick days, vacation, and other times when your routine is altered.
- Individual clubs’ program chairs of Family and Individual Development, Management and Safety, or Food, Health and Nutrition set up an exercise program to track KEHA members’ weight management and physical conditioning.

**Year Three 2012-2013**

**Focus I: Grandparents and Other Relatives Raising Children**

*For Rationale and Goals See Year One*

Lesson
*Grandparents and Grandchildren Together* – revised into permanent form from pilot 2009-2010 program

Supporting Materials
- *Keys to Great Parenting, Fun and Learning with Your Baby or Toddler*, FCS7 – 179-185
- *Home Is Where the Health Is*, FCS7-188
- *A Matter of Balance: Managing Concerns about Falls*, from Partnership for Healthy Aging, established by MaineHealth
Suggested Activities

• Use the lesson, *Grandparents and Grandchildren Together*, as a primary resource in addition to other Family Life Extension programs.
• Plan a Grandparent’s Day at your county fair, using the 2010 Franklin County Fair pilot project as a model.
• Attend workshops on grandparents and other relatives raising grandchildren with offered

Focus II: Supporting Military Families

*For Rationale and Goals See Year One*

Lesson
*Extension Homemakers Support Military Families.* Contact your FCS agent to access this lesson.

Supporting Materials

• Operation Military Kids (OMK) resources. Ask your FCS Extension agent for assistance in contacting the office of OMK on the University of Kentucky campus.
• *How to Help Military Families as a Family, Friend or Neighbor.* The Military Family Research Institute at Purdue University. Available at http://www.cfs.purdue.edu/mfri.

Suggested Activities:

• Create Personal Care Packets for hospitals and nursing homes for veterans.
• Learn more about how OMK supports children and their families.
• Visit Long Term Care Facilities for Veterans.
• Spend time with a veteran and listen to their stories of their experience in the military.
• Show videos of of different branches of the military.
• Visit a military museum.

Focus III: Encouraging a Healthier Lifestyle (in collaboration with the Management and Safety and the Food, Nutrition, and Health Areas’ Programs of Work)

Rationale

The Center for Rural Health tells us that heart disease is the leading cause of death in men and women. Kentuckians rank fourth in the nation in having cardiovascular disease by having hypertension, heart disease, strokes, peripheral vascular disease, hyperlipidemia and other circulatory conditions. Physical activity is one of many primary prevention measures research shows can help reduce risks for cardiovascular disease.

The Centers for Disease Control and Prevention inform us that each year, an average of 100 to 200 falls occur in older adults in nursing homes. 47,000 older adults are treated in emergency rooms annually for fall injuries. Falls are associated with muscle weakness or gait problems. The *Matter of...*
Balance program educates participants about concerns with falls and is designed to reduce the fear of falling and increase the activity level of older adults who have this concern. It is based upon research conducted by the Roybal Center of Enhancement of Late-Life Function at Boston University. It is a structured group intervention that utilizes a variety of activities to address physical, social and cognitive factors affecting fear of falling and to learn fall prevention strategies. This program was developed in collaboration with the Southern Maine Agency of Aging, Maine’s Health Partnership for Healthy Aging, Maine’s Medical Center Division of Geriatrics and the University of Southern Maine School of Social Work.

Goals
- Increase awareness of fear of falling
- Encourage homemakers to practice safety and thus gain an enhanced quality of life through intentional physical activity
- Offer the Matter of Balance program to all counties in the Commonwealth
- Increase awareness of taking responsibility to be a healthier you
- Collaborate with Food Health and Nutrition and Management and Safety programs of work to offer Matter of Balance Program

Lesson

Supporting Materials
- Full Matter of Balance program, planned for two hours a week for eight weeks
- Don’t Let Falls Get You Down, author Dr. Amy Hosier, Extension Family Life Specialist
- UK Extension’s Universe of Possibilities: Skills for Creating Happiness and Blessing Others, Modules 7, Accepting and Loving Your Body

Suggested Activities
- February is Health month – plan an activity have a speaker
- Women’s Health Registry – participate annually
- Collect Pull Tabs to support Indian Summer Camp: http://www.iscamp.org
- Implement a walking program within your individual club, church or place of work
Family and Individual Development Contest  
Contest Award 2011-2012  
Celebration of Grandparents Raising Grandchildren or Supporting Military Families

Overview:  
This contest is designed to show how your club or area developed a community project which provided a celebration, offers appreciation, or has demonstrated support to relatives who are raising children or to military families. (EX: At our local county fair we had a day to celebrate the grandparents who are raising their grandchildren and a day to celebrate our military families. A photo of the grandparent or relative and their child or children and also the military personnel and their child or children which was ironed on to a t-shirt for the children could wear. We had one day for grandparents or relative and a separate day for the military. It was so well received we have been asked to do it again this year.)

Create a scrapbook, photo album, display or other evidence to show how your club or area coordinated efforts to:

- Provide a time to say how much relatives are appreciated for their efforts in the raising of their grandchildren
- Educate your community about the need to be supportive of military families whose family members are deployed
- Collaboration with other community individuals or organizations to provide needed services to military families over a period of months or longer
- Provide opportunities for relatives to share their concerns with the change in their roles

Rules for entering contest:  
Place the entry in a binder or a folder. Include:
1. Cover page – name of your club or area and the number of clubs that collaborated in the project.
2. Photos
3. News clippings
4. Human interest stories that illustrates how the project started and what was accomplished
5. Names of clubs, agencies or civic organizations that were involved
6. Number of events which were held and the number of contacts with families were made
7. Actual letters from recipients, families or others whom this project impacted

Judging:  
The club or area whom has had the most events for this contest period and provides documents and photos demonstrating the celebration.

Submit your entry for display at the 2012 KEHA Annual Meeting, by March 1, 2012 to:  
Wanda Atha  
475 Hwy 151  
Frankfort, KY 40601  
Questions may be directed to Wanda Atha at 502-223-1890 or email at wanda.atha@ky.gov

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June 2011
KEHA Food, Nutrition & Health Awards

Recognition for Ovarian Cancer Financial Contributions

- A plaque will be awarded to the county with the largest amount per member.
- A plaque will be awarded to the county with the largest amount overall.
- Certificates will be given to each county that has 100% participation. (At least $1 contributed per member)
- Recognition will be given to each county that contributes more than 100%.
- Recognition will be given to each county donating over $1000.
- Recognition will be given to any club donating over $1000.

*The above will be based upon amounts forwarded to the KEHA treasurer between January 1, 2011 and December 31, 2011.

2011 Ovarian Cancer Fundraising Contest

An award will be given to the most creative entry describing the fund raising efforts for ovarian cancer.

- This can be a club, county, group of counties, or an area project.
- For the 2011 Award – the project must have been completed between January 1, 2011 and December 31, 2011.
- Entries must be submitted by March 1, 2012.

These awards will be presented at the 2012 State Meeting.

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 in carrying out project?
  - How many members attended?
  - How many non-members attended?
  - Were other agencies, organizations, or KEHA chairs involved?
    - If so whom and how?
  - What role did the community play?

Send all contest entries to:  
Julie Hook
74 County Road 1021
Cunningham, KY 42035

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June 2011
2011-2012 Recognition for Participation in the Kentucky Women’s Health Registry

* A certificate will be awarded to every county with KEHA members completing a new or renewal KWHR survey in the last year.

* A plaque will be awarded to the top three counties with the highest rate of completion of either a new or renewal KWHR survey.

* Women who are not members of a homemakers club but who indicate on the second page of the survey that they heard about the registry through a homemakers club member will also be counted in the total of women who completed a survey.

* This contest will be administered by the Kentucky Women’s Health Registry.

Promoting a Healthy Kentucky Contest

An award will be given to the most creative way to promote health issues.

- A plaque will be awarded for 1st.
- 2nd and 3rd places will receive certificates.
- Projects should be completed by December 2011.
- Entries must be submitted by March 1, 2012.

Guidelines:

All entries must include:

- Project must be in a folder or binder.
- Cover sheet (Appendix 1)
- Description of project
- How many members involved
- How many non-members involved
- Were other agencies, organizations or KEHA chairs involved
- Include any pictures and newspaper clippings.

Send all contest entries to: Julie Hook
74 County Road 1021
Cunningham, KY 42035
Kentucky Extension Homemakers Association
4-H Youth Development
2011 – 2014 PROGRAM OF WORK

**Situation:** Following an extensive “Apparel & Textile” survey of Kentucky Extension staff, volunteers, and youth, the need to offer Kentucky youth additional 4-H project opportunities in the area of “heritage skills” such as quilting, tatting and other needle crafts was revealed.

**Focus:** To encourage youth to develop a working understanding of and skill in using needle(s), hook and thread, yarn or floss in the areas of lacework (tatting), embroidery and quilting (machine and hand).

### 2011-2012 Quilting

**Goals:**
To teach and help youth to learn the best possible skill to create quality, useful needle crafted items.
To teach youth skills they can use throughout their lives and skills that encourage critical thinking and creativity.

**Objective:** To pass on heritage skills to our youth through the needlework project of quilting.

Youth will learn and develop the following skills:
- Enjoy creative hands-on activities such as quilting.
- Decision-making skills; to make wise choices based on ability and available resources.
- Complete a quilting project.

**Suggested Lesson:**
For Homemaker Club meetings, use the 2011-2012 4-H Needlework Quilting leader lesson guide. This guide will help you to present information to an adult audience. This information is located in the 4-H Needlework curriculum; available through the county 4-H Youth Development Agent’s office.

For youth lessons, use the lesson plans for quilting from the 4-H Needlework-Quilting section of the curriculum. This curriculum is available from your 4-H Youth Development agent or county Homemaker 4-H Youth Development chairman.

This lesson includes: hand and machine quilting for beginners to advance students. Specific projects can be designated by the youth participants or the Homemaker teaching the youth lesson.

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Additional Activity Suggestions:
- Use quilting word search activities from 4-H Needlework Book. Leaders will discuss words with youth and their relation to quilting.
- Have a local quilter attend a meeting to show quilts and talk about quilt history.

Special Suggested Activity:
Take a driving tour of the Barn Quilt Squares in your community.

Contest: Quilting Challenge – “Make a Pillowcase and Make a Difference”

2012 – 2013
Embroidery

Goals: To have fun while learning how to use a hand needle and thread to embellish and/or create useful, well-made items.

Objective: Encourage Homemaker Club members to educate youth on the following:
- Beginning Creative Stitchery, History and Development of embroidery techniques from the 4-H Needlework curriculum.
- Hands-on projects that can be used for relaxing and stress relief.

Youth will learn and develop the following skills:
- Use of embroidery hoop, fabric and floss.
- Basic embroidery stitches.
- Understanding and following directions.
- Patience.
- Project completion.

Suggested Lesson:
For Homemaker Club meetings, use the 2012-2013 4-H Needlework Embroidery leader lesson guide. This guide will help you to present the information to an adult audience. This information is located in the 4-H Needlework curriculum; available through the county 4-H Youth Development Agent’s office.

For youth lessons, use the lesson plan Teacher/Leader Material from the 4-H Needlework Book curriculum. This information is located in the 4-H Needlework curriculum; available through the county 4-H Youth Development Agent’s office.

This lesson includes: Redwork, Free Embroidery and Candlewicking. Specific projects can be designated by the youth participants or the Homemaker teaching the youth lesson.
Special Suggested Activity: Visit a local museum with clothing items on display to see the uses of embroidery.

Contest: Quilting Challenge – “Make a Pillowcase and Make a Difference”

2013 – 2014
Tatting

Goals: To educate youth in the needlework art of lacemaking by tatting.

Objective: Encourage Homemaker Club members to educate youth on the following: research the history of tatting, bring samples of tatting to encourage youth.

Youth will learn and develop the following skills:
- Use a needle or shuttle and thread to make knots to create lacework.
- Patience and persistence.
- Project completion.

Suggested Lesson:
For Homemaker Club meeting, use the 2013-2014 4-H Needlework Tatting teacher/leader guide. This guide will help you to present the information to an adult audience. This information is located in the 4-H Needlework curriculum; available through the county 4-H Youth Development Agent’s office.

For youth lessons, use the lesson plan “Just a Tatter” from the Keeping 4-H in Stitches curriculum. This information is located in the 4-H Needlework curriculum; available through the county 4-H Youth Development Agent’s office.

Specific projects can be designated by the youth participants or the Homemaker teaching the youth lesson.

Additional Activity Suggestions: Tat a flower or butterfly, add a note card and mail to a special person or shut in.

Contest: Quilting Challenge – “Make a Pillowcase and Make a Difference”
Kentucky Extension Homemakers Association

4-H YOUTH DEVELOPMENT AWARDS

Club and County Level

Quilting Challenge: “Make A Pillowcase, Make A Difference”

Description of Award:
The award will be given to the county that makes and donates the most pillowcases to a selected charity plus points received on the notebook/scrapbook presented. Information on this challenge can be found at www.allpeoplequilt.com/millionpillowcases.

Not only is this a wonderful opportunity for KEHA members to share their needlework skills but to also learn some new ideas.

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

Deadlines for entries is: MARCH 1, 2012. Entries should be sent to the KEHA 4-H Youth Development Chairman: Harlene Welch
1730 Pedro Pike
Cynthiana, KY  41031

Format should include:
1. Cover sheet – Name of club or county. Name of project. Name, address and phone number of contact person.
3. Things to consider, how your group decided which charity to share your pillowcases with, how you recruited volunteers, goals and objectives, what youth groups helped, etc.

SCORE SHEET

<table>
<thead>
<tr>
<th>Written Segment</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Purpose</strong> – goals and objectives</td>
<td>30</td>
</tr>
<tr>
<td><strong>Scope of Activity</strong> – what was done, who was involved, how you recruited volunteers and how you reached the youth, describe what took place</td>
<td>30</td>
</tr>
<tr>
<td><strong>Results</strong> – what was accomplished, how many youth completed at least one project. Describe success and / or limitations, changes if done again.</td>
<td>30</td>
</tr>
<tr>
<td><strong>Support Material</strong> – pictures, news articles, print material, limited to 4 pages</td>
<td>10</td>
</tr>
</tbody>
</table>

TOTAL 100

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Pages 73-76 are now blank

June 2011
Situation: The Kentucky Extension Homemakers Association maintains a vital interest in the international community. Support for national and international outreach is through the Associated Country Women of the World (ACWW), Country Women’s Council (CWC), National Volunteer Outreach Network (NVON) and other affiliated organizations through funding, attending their meetings, and participating in their programs. KEHA also offers individual members opportunities to participate in the international arena. As an organization, we provide learning experiences, linkages, and support to other countries where there are special needs.

Focus: Developing an international understanding through a relationship with the Kentucky Academy in Ghana.

Objectives:
- Support ACWW, CWC, NVON in our international projects.
- Carry out the Millennium Goals set forth by the ACWW 26th Triennial conference:
  - Eradicate extreme poverty and hunger.
  - Achieve universal and primary education.
  - Promote gender equality and empower women.
  - Reduce child mortality.
  - Improve maternal health.
  - Combat HIV/AIDS, malaria and other disease.
  - Develop a global partnership for development.
  - Ensure environmental stability.

Overall Goals: Educate and provide an understanding of the United Nations Millennium Development Goals, with emphasis on:
- Empowering Women
- Poverty and Hunger in the USA
- Managing Women’s Health Care

Activities:

**2008-2013: Ongoing International Programs**
- Promote the international projects of ACWW and CWC.
- Promote Coins for Change and increase donations.
- Support projects with Kentucky Academy in Adjeikrom, Ghana.
- Support the ACWW Triennial.
- Participate in the KEHA Homemaker Exchange Program.
- Participate in the International County Project Award.
2008-2009: Empowering Women
- Leadership Skills
- Being Financially Savvy

International County Project Award
International projects designed to promote cultural diversity and develop a better understanding of other countries and their people may be submitted for the KEHA International Project Award. Please see Handbook page 81 for guidelines for submitting your project for consideration.

2008-2013: Kentucky Academy
Making a difference in the life of a child through education. Partnering with other educational chairs, we can show leadership by sharing our blessings with these teachers and children of Adjeikrom. Children are eager to learn about the world around them. Teachers need teaching supplies to teach. Items we take for granted such as chairs, desks, and electricity are desperately needed. This project will continue for the next 2 years and hopefully beyond.

Goals:

Short term:
- School supplies and money for shipping met.
- Kitchen and dining pavilion met.
- Tables and benches for the dining pavilion complete.
- Tile floors for classrooms complete

Long term:
- Scholarships for children.
- Library for the children.
- Monetary donations for maintenance upkeep, and sustaining programs in place.

2009-2013: USA and the World. (ACWW Resolutions and Recommendations)
- World Poverty
- Improve Maternal Health
- Promote Gender Equality and Empower Women

Featured Lessons:
- Empowering Women
- Empowering Women: Women's Access to Credit
- Empowering Women: Financial Management

2011-2013: Associated Country Women of the World Triennial
- 27th ACWW Triennial – Chennai, India
  - September 26 – October 2, 2013
  - Theme: Empowering Women Worldwide – Encourage, Educate, Enrich
PAGE 80 IS NOW BLANK

PLEASE SEE THE INTERNATIONAL CHAIRMAN WEBPAGE AT WWW.KEHA.ORG FOR KENTUCKY ACADEMY UPDATES
GUIDELINES FOR THE INTERNATIONAL PROJECT AWARD  
2011-2012

KEHA will recognize the winners of the International Project at the State Meeting. It may be something in which you will want to involve other organizations to help them understand cultural diversity and promote better understanding of other cultures and their peoples.

***All entries must be submitted in a notebook or folder. Include all of the following:***

- Cover sheet (see appendix) Title
- Page/program title (5pts)
- Creativity/Originality (10 pts)
- Project Description (30 pts)
- Educational value of Project (20 pts)
- Photos of Project (5pts)
- News clippings of Project (10 pts)
- Results of Accomplishments (20 pts)

Some questions you may use to define your project are how many homemaker members were involved in carrying out this project? How many non-members attended? Were other agencies or organizations involved? If so, who and how? What role did the community play?

Send entries to: International Chairman (The current office list is included in the KEHA Manual, Handbook Section, and on the KEHA website – www.keha.org.)

**KEHA INTERNATIONAL AWARDS**

Award will be given to the County that doubles their Coins for Change, per membership 2011-2012.

The State International Chairman will also recognize fundraising for the Kentucky Academy Project.
**Contest:**
Submit a report on a project you did in your community – Voter registration, production of an official’s directory or any other project you did to get to know your community government and your leaders.

**LEADERSHIP**

**Situation:**
If you are a parent, teacher, club or committee member, or president, you are a leader. There is always someone who is looking to you for information or guidance. Every member of a club has the ability to be a homemaker leader. Each person needs to build self confidence and obtain information and knowledge, and with some encouragement they can step forward to lead. With over 17,000 members, many clubs, counties, and areas have leadership positions that do not have candidates to fill them. Some community groups, programs and projects also have problems finding good leaders.

**Focus:**
The focus for the next three years will be to help every member to find the confidence, knowledge, and encouragement to take on a leadership position for homemakers or in their community.

**Goals:**
1) Sponsor leadership seminars in the two regions of the state to increase leadership skills of members and community volunteers.
2) Work with state Parliamentarian to include a lesson on basic parliamentary procedure.

**Suggested Activities:**
1) Encourage all KEHA members, current and future leaders, to attend a regional leadership seminar.
2) Distribute a calendar of scheduled leadership seminars and workshops so KEHA members in neighboring counties and areas can attend.
3) Encourage and mentor homemakers. Identify homemaker members who show leadership qualities, encourage them when they show initiative and take on leadership roles.

**Lessons:**
1) Say Hello to Leadership (2009-2010)
2) Mini Lesson – How to Run a Better Meeting (2010-2011)
3) Competent Leaders: Significant Leadership Characteristics (2011-12)
4) Empowering Women (2011-12)

**Contest:**
Since we will emphasize the leadership seminars there will not be a contest in this area.
VOLUNTEERS
Ongoing Program
(The focus and goals for volunteer programs will be an emphasis each year of
the three year program of work.)

Situation:
Our country is known for volunteerism, and our organization celebrates the volunteer service of our
members. The dollar value of a volunteer hour in Kentucky is $17.37*(2009 data) and the National
value is $21.36*(2010 data). Even with millions of volunteers, many things go undone. KEHA
needs to encourage all members to begin or continue to support community groups and activities as
volunteers.

Focus:
Homemakers will identify volunteer needs in their community, inform their members of these needs,
and encourage them to find something they can do to help fulfill the needs.

Goals:
1) Urge every member and/or club to assume a volunteer role in their community.
2) Encourage volunteers to record and report their volunteer hours for recognition and determine
the value of those hours.*

Suggested Activities:
1) Volunteer at Extension and homemaker activities and events – fair, 4-H Club activities, other
sponsored community projects.
2) Run for office in KEHA at the club, county, area or state level.
3) Volunteer at a local school – tutoring, mentoring, or classroom activities.
4) Partner with other community organizations to help with projects and programs – Red Cross,
Scouting, Rotary, churches, etc.
5) Volunteer to help people through crisis centers, nursing homes, hospitals, health department or
community programs.
6) Volunteer to serve on government boards, commissions or task forces which help determine
public policy in your community.

*source:  http://www.independentsector.org/volunteer_time

Lesson:
Due to volunteerism being an established program, there will be not lesson in this area.

Contest:  Recognize individuals and clubs with the most volunteer hours.
D. The County VSU Chairman will review the volunteer service logs, verify and certify the Volunteer Service Unit Logs if necessary, and send them to the KEHA Area Leadership Chairman. The Area Chairman will tally all county reports and then send them to the state KEHA Educational Chairman for Leadership Development.

E. The state KEHA Educational Chairman for Leadership Development will issue certificates and arrange for recognition of recipients on the state level.

F. The Area Presidents will make arrangements to distribute the certificates received from the State Chairman to the appropriate members and arrange for area and county recognition and publicity.

OUTCOMES & RECOGNITION

VOLUNTEER SERVICE UNITS CERTIFICATES*

- **Individual.** Each member who records 500* or more hours of Volunteer Service Units will be recognized with a certificate to be presented by the area president at the Area Annual Meeting. A statewide listing of certificates presented will also be distributed at the KEHA Annual Meeting. Report your actual volunteer hours for the year July 1 to June 30. VSU’s are cumulative from year to year until a total of 500 is met.

- **Club.** Clubs, whose members have accumulated a minimum of 1000 project volunteer hours toward a club project or projects, will be recognized with a certificate to be presented by the area president at the Area Annual Meeting. A statewide listing of certificates presented will be distributed at the KEHA Annual Meeting. Report your actual volunteer hours for the year July 1 to June 30. VSU’s are cumulative from year to year until a total of 1,000 is met.

*Certificates will be issued for actual volunteer hours.

WHAT COUNTS AS VOLUNTEER HOURS

**KEHA Individual**

Regular Monthly/Quarterly/Yearly Meetings

1. **Serving as an Office or Educational Chairman:** Driving time to and from Officer/Leadership Trainings, preparing the information to present to your club, attending County Advisory/County Board/Area Board meetings as President or as designated by your club or Club President, County or Area

2. **Being the Learning Session Leader:** Driving time to and from the place where the session is being taught, receiving the session, preparing the information to present to your club and giving the lesson.
Resources:
- Moneywise (http://ces3.ca.uky.edu/moneywise)
- Money Matters (www.ftc.gov/moneymatters)
- Florida Extension (http://solutionsforyourlife.com/)
- Add Up the Savings (http://ces.ca.uky.edu/Warren/addupthesavings)

Activities:
- Coordinate with county Extension agents to present financial awareness workshops, such as Add up the Savings, Annie’s Project, Small Steps to Health and Wealth, etc.
- Partner with local bankers, insurance agents, annuity specialists, financial partners, etc.

Program: Matter of Balance

Goal: Collaborate with Food Health and Nutrition and Family and Individual Development Programs of Work to offer Matter of Balance program


Resources: Full Matter of Balance program, planned for two hours a week for eight weeks Don’t Let Falls Get You Down, author Dr. Amy Hosier, Extension Family Life Specialist UK Extension’s Universe of Possibilities: Skills for Creating Happiness and Blessing Others, Module 7, Accepting and Loving Your Body

Activities:
- During September – Healthy Aging Month -conduct an aging awareness* program with youth in your community.
- Offer Matter of Balance facilitator training in your county**
- Implement a walking program within your individual club, church or place of work.
Scholarship is renewable. Second year student applicants must supply an official copy of their transcript and a one page letter describing what higher education has meant to them during the last year.

All Kentucky Homemakers members are encouraged to make the Evans/Hansen/Weldon Scholarship Fund an important part of their yearly giving activity.

Scholarship application form is three pages and follows this description.

Applications are due by March 1st to the KEHA Leadership Development Educational Program Chairman, Faye Privett, 104 Eagle Bend Drive, Sadieville, KY, 40370.

Scholarships will be judged according to the following criteria:

1) Community Service & Activities 25 points
2) Financial Need 35 points
3) Leadership 10 points
4) Scholastic Achievement 20 points
5) Overall Impression 10 points

NO CHECKS WILL BE ISSUED UNTIL CONFIRMATION OF ENROLLMENT IS RECEIVED FROM THE COLLEGE OR SCHOOL.
KENTUCKY EXTENSION HOMEMAKERS ASSOCIATION
EVANS/HANSEN/WELDON SCHOLARSHIP APPLICATION

Please fill out and submit three copies of application form and three (3) copies of each letter of recommendation to Leadership Development Educational Program Chairman by March 1. Must be typed.

The purpose of the Kentucky Extension Homemakers Association Scholarship program is to help provide funds to enable a deserving student(s) who is a Kentucky resident earn a degree.

Name of Applicant _____________________________________________________________

Home Address ________________________________________________________________

City ___________________________ State ___ Zip Code ____________________________

County ___________________________ Phone ( ) ________________________________

Date of Birth ______________________ Gender _____ Marital Status_________________

Father’s Name____________________________________________ Living ( ) Deceased ()

Father’s Occupation___________________________________________________________

Mother’s Name____________________________________________ Living ( ) Deceased ()

Mother’s Occupation___________________________________________________________

Number of children in family _______ Number at home _______ In college _________

What is the applicant’s major? ________________________________________________

Year you will be enrolled Freshman___Sophomore___Junior___Senior____

Has applicant applied for other scholarships?  Yes ________ No_______________

List other scholarships awarded to you __________________________________________

Approximate gross annual income of family $______________

List amount you estimate might be available to you from each of the following sources:

Personal savings ___________ Parents ___________ Job ___________

Other ___________ Total ___________

Please attach a transcript of your most current coursework and grades.
List Clubs, Organization and Extracurricular Activities You Participate In:

List Special Honors/Awards You Received:

State in 100 words or less your educational plans and goals.

ALL INFORMATION WILL REMAIN CONFIDENTIAL
To be filled out by Faculty-Advisor

STUDENTS NAME _______________________________________________________

GRADE POINT AVERAGE ____________________________
Please comment on the following qualities, or ask other school personnel to do so:

Dependability:

Leadership:

Service:

Participates in extra-curricular activities:

Counselor’s Signature: _________________________________________________

School Name: _________________________________________________________
KEHA Homemaker Member Scholarship

In 2001 it was voted to assign money held in restricted funds to provide a scholarship for KEHA members. Applicants must be a current member of KEHA and have been an active member for at least five years. Applicants must be a resident of Kentucky.

The amount available for the scholarship will be the total of the interest on the restricted fund plus the contributions made that year by the KEHA members.

The scholarship may be used for any college or university in Kentucky. It may also be used for a non-traditional course of study such as trade school or technical school.

This scholarship shall not to be used to take additional classes or towards a second degree of study but rather provide an opportunity for a member to attain a first degree or certification.

All Kentucky Homemakers members are encouraged to make the KEHA Homemakers Scholarship Fund an important part of their yearly program. The application form follows this description.

Proof of school enrollment must be sent to the KEHA Leadership Development Chairman as soon as possible.

Applications Due March 1. Send to KEHA Leadership Development Educational Program Chairman, Faye Privett, 104 Eagle Bend Drive, Sadieville, KY 40370.

Scholarships will be judged according to the following criteria:

1) Community Service & Activities 25 points
2) Financial Need 35 points
3) Leadership 10 points
4) Scholastic Achievement 20 points
5) Overall Impression 10 points
KENTUCKY EXTENSION HOMEMAKERS ASSOCIATION
HOMEMAKER SCHOLARSHIP APPLICATION

Please fill out and submit three copies of application form and three (3) copies of each letter of recommendation to Leadership Development Educational Program Chairman by March 1.

All applicants must be resident of Kentucky and have been an active member in KEHA for at least 5 years.

Name of Applicant _____________________________________________________________

Home Address_______________________________________________________________

City _______________________________ State ___  Zip Code __________________________

County_____________________________ Phone (___) _____________________________

Marital Status ________ Occupation____________________________________________

Are you a KEHA member?  ____ yes ____ no       If yes, how many years? __________

Mother’s Name______________________________________________________________

Living (  ) Deceased (  )

Father’s Name______________________________________________________________

Living (  ) Deceased (  )

Number of children in family _______ Number at home _________ In college _________

What is the applicant’s major? ________________________________________________

Year you will be enrolled Freshman___Sophomore___Junior___Senior____

Has applicant applied for other scholarships?   Yes __________ No____________

List other scholarships awarded to you _________________________________________

Approximate gross annual income of family $____________________

List amount you estimate might be available to you from each of the following sources:

Personal savings _________________ Parents_________________ Job___________________

Other ___________________ Total _____________________

Please attach a transcript of your most current coursework and grades.

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List Clubs, Organization and Extracurricular Activities You Participate In:

List Special Honors/Awards You Received:

State in 100 words or less your educational plans and goals, including how KEHA has influenced your decision.

ALL INFORMATION WILL REMAIN CONFIDENTIAL