ANNOUNCEMENTS

December 4 In-service, Laura Stephenson, Assistant Director of Family and Consumer Sciences Field Programs

Register soon using the KEAFCS registration form. The information will be in the In-service catalog for your in-service registration by the end of the week. This year the in-service will focus on two important issues for your programs. The morning will begin at 9 am with registration and the program at 9:30 am to focus on the Affordable Health Care Act’s impact on Kentucky Families. We will discuss our role in helping families make wise and effective decisions with the opportunities and the challenges ahead. M. Sara Rosenthal, Ph.D., Associate Professor in Bioethics, Departments of Internal Medicine, Pediatrics and Behavioral Science will be one of our presenters. The afternoon session will feature the roll-out of the second phase of the Kentucky Extension Leadership Development curriculum featuring organizational leadership skill building.

New Publications, Connee Wheeler, Extension Associate

The following publications are new or recently revised. All have been posted to the Extension Family and Consumer Sciences Master Publication List and Master Resource List.

Family Resource Management
New Publications by Jennifer Hunter, Extension Specialist for Family Finance
• FCSS-457 - Managing in Tough Times: Rebounding Your Finances after the Great Recession
• FCSS-458 - Maximizing Your Dollars in Retirement

Food and Nutrition
New Publications by Ingrid Adams, Extension Specialist for Nutrition and Weight Management
Making Healthy Lifestyle Choices series
• FCS3-559 - Focus on Nutrient Dense Foods and Beverages
• FCS3-560 - Making Healthy Beverage Choices: What You Don’t Know Can Hurt You
• FCS3-561 - Mindful Eating: Enjoying Food with all Your Senses
• FCS3-562 - My Plate the Kentucky Way: Tools for Building a Healthy Plate

Revised publication by Sandra Bastin, Extension Specialist for Food and Nutrition
• FN-SSB.016 – Cooking for One or Two

Human Development and Family Relations
Revised publication and supporting materials by Carole Gnatuk, Extension Specialist for Parenting
• FCS7-188 - Home is Where the Health Is

Health, Safety and Wellness
New Publications by Nicole Peritore, Extension Program Coordinator for Physical Activity (adapted from materials developed at North Dakota Extension Service)
• HSW-NRP-120 Nourish Your Bones Brochure
• HSW-NRP-121 Nourish Your Joints Brochure
• HSW-NRP-122 Stretching Toward Better Health
• HSW-NRP-123 Size Up the Supplement

Materials available to accompany this program are:
• Facilitator Guide
• Participant Guide
• PowerPoint
• Recipe Cards
• Evaluation

PROGRAM INFORMATION

Making Healthy Lifestyle Choices

Report on Taking Ownership of Your Diabetes Curriculum, Ingrid Adams, DHN Extension Faculty
For the past 18 months 3085 individuals participated in the Taking Ownership of Your Diabetes Program. Of these individuals, 1532 were seen by their health professional as a means of managing their diabetes; 1218 had their A1C checked; and 1033 took part in physical activity for 30 or more minutes on five or more days of the week. In addition, 1206 checked their blood glucose 1 or more times a day; 999 utilized a meal plan; and 770 set and accomplished goals for themselves. Over 591 individuals mentioned that they moved into Action and Maintenance stages.

Agent Training, Ingrid Adams, DHN Extension Faculty
Get ready for two agent in-service training in diabetes and nutrition. The diabetes training will cover aspects of implementing the curriculum and will focus on carbohydrate counting, the exchange list, glycemic index and diabetes, and the diabetes plate. Forming successful partnerships, marketing, building sustainability for the program, and lessons learned from implementing the curriculum will be addressed. This training provides a good foundation for new agents, agents who have not completed the training, and for agents who need additional training in the areas mentioned above.

The nutrition training will include the “Making Beneficial Lifestyle Choices” and the “Got Vegetable” curriculum. These are new programs and will enhance your efforts to improve the health of individuals’ in your county.

The Making Beneficial Lifestyle Choices curriculum consists of four units: Focus on nutrient-dense foods and beverages; Myplate the Kentucky Way; Making Healthy Beverage Choices; and Mindful Eating. These lessons help individuals think about their behavior and provide tools of empowerment, problems solving, goal setting, and reflection to encourage behavior change. The Got Vegetable curriculum uses critical thinking strategies to increase vegetables and physical activity in young children and families. Please see evidence of the success of this approach:

Training dates:
November 8: Diabetes training – Lexington, Good Barn
November 9: Nutrition training — Lexington, Good Barn

National Diabetes Month, Ingrid Adams, DHN Extension Faculty

This November, in observance of National Diabetes Month, the National Diabetes Education Program (NDEP) and its partners are Changing the Way Diabetes is Treated by helping people better understand how to make the necessary changes in their day-to-day life in order to prevent type 2 diabetes, manage their diabetes to prevent complications, and live healthier lives. Many people know WHAT to do to improve their health; it’s figuring out HOW to do it and fit it into their daily routine that’s challenging. The NDEP provides a number of tools to help people better understand HOW to make changes to stay healthy and take steps to reach and maintain their health goals.

NDEP’s online library of behavior change resources, Diabetes HealthSense, provides users with a searchable database of research, tools, and programs to address the wide array of psychosocial and lifestyle-change challenges associated with diabetes self-management. Resources included in Diabetes HealthSense have been reviewed by a team of leading independent experts on psychosocial issues with specific expertise in the science of behavior change.

NDEP’s Make A Plan tool can help you think about what is important to your health and how to make a plan to take small, but important steps to help you reach your goal. Visit www.YourDiabetesInfo.org/DiabetesMonth to explore NDEP’s behavior change tools and for promotional resources you can use to promote National Diabetes Month in your community.

Matter of Balance Training Opportunity, Nicole Peritore, HEEL Program Coordinator

There is an opportunity for the Matter of Balance Leader Training on Nov. 30th. If you are interested in the training, it is listed on the training catalog in KERS. If you have questions please feel
free to contact Nicole Peritore Nicole.peritore@uky.edu or 859-257-3802. 2S – A BIG thank you to all of those who have had 2S events in their community. If you have pictures and or video please share it with Nicole Peritore (Nicole.peritore@uky.edu)

**Nurturing Families**

The Bluegrass Region Grandparents As Parents (GAP) Conference: March 21, 2013, *Carole Gnatuk, Child Development Senior Specialist*

Save the Date! The Bluegrass Region GAP workshops are scheduled for Thursday, March 21, 2013 at the Clarion Hotel, Lexington, KY. The 2012 Bluegrass Region GAP conference speaker interviews and presentations are available for viewing at [http://www.gapofky.org](http://www.gapofky.org) or by request for a free CD from the Fayette Extension Office by calling (859)257-5582. This was the 10th year of the GAP conference and over 400 caregivers and professionals attended 13 workshops put on by local and national experts to discuss navigating the legal system, healthy environments, caring for yourself while caring for others, internet safety, adoption issues, teen development, drug protection, organizational strategies for children who have organizational challenges, child abuse, and engaging other relative caregivers. Please share this resource with grandparents, family court judges, support group leaders, family resource centers and others who could use the videos for personal or program uses.

**Parent Engagement Webinars, Carole Gnatuk, Child Development Senior Specialist and Kerri Ashurst, Senior Extension Specialist**

Here are four national webinars to be aired during November for Extension professionals who want to encourage parents to be engaged in children’s and youth’s education and safety. Kerri Ashurst sent out announcements about some of these webinars recently, but they bear listing here as a reminder and an encouragement to you to attend them.

*What is parent engagement?* In its fullest meaning, it refers to parents’ (and grandparents/relatives raising children) commitment and action around being involved in their children’s lives. Research shows that parents’ enthusiastic, active interest in their children’s learning boosts children’s sense of worth and excited curiosity about the world, spurring them on to do their best in language acquisition, school work and extracurricular activities. Our efforts to infuse tips on parent engagement into all our educational offerings gives parents the knowledge and confidence they need to be their children’s mentors and most important teachers.

**Screen Time and Early Brain Development: From Baby Videos to Educational Software**

**Wednesday, November 14, 2012**

1:00 p.m. to 2:00 p.m. EST

What are some common worries parents have about the impact of media on our next generation? Lisa Guernsey, director of the Early Education Initiative, New America Foundation, describes new insights from research studies on how children from birth to age 5 are affected by electronic media. She will present practical ideas on managing screen time in households and overturn some conventional wisdom on what is good and bad for young kids.

**Reflections of Military Life in Young Children's Activity**

**Wednesday, November 14, 2012**

2:00 p.m. to 3:00 p.m. EST

**No registration is required to attend this event.** Simply log on to [https://connect.extension.iastate.edu/milfam](https://connect.extension.iastate.edu/milfam) as a "guest" a few minutes before 2 p.m.

This 60-minute web conference will be presented for child care providers (both on-installation and in local communities) who work with military families, as well as early childhood professionals (such as Extension agents) who supervise, direct, or educate child care providers who work with military families. This web conference will:

- Explore military family life and military culture as an important part of a young military-connected child's developing self-concept
- Discuss ways that child care professionals can respect and reflect children's military identity and interests within the child care environment and curriculum
- Consider what can be learned by observing the military "reflections" in young children's play and conversation, and how we can use those insights to support them

**Presenters:** Rachel Robertson, MA, Director of Education and Development at Bright Horizons (Learn more about Rachel at [https://learn.extension.org/events/754](https://learn.extension.org/events/754).)

Kathy Reschke, Ph.D., Child Care Concentration Leader for the eXtension Military Families Learning Network. (Learn more about Kathy at [http://create.extension.org/sites/default/files/Kathy%20Reschke%20bio.pdf](http://create.extension.org/sites/default/files/Kathy%20Reschke%20bio.pdf).)

Selected articles have been identified to prepare you for this web conference. If you want to learn more about stress in military children before the web conference, we recommend that you review these articles. Links can be found at [https://learn.extension.org/events/754](https://learn.extension.org/events/754). A recording of the web conference and additional resources will also be available at this site after the session. If you click "Follow this event," you can receive updates as more information is added to the site.

To receive more information after the web conference, you can type your email address into the chat box during the session, or send an email to dbales@uga.edu after the session. To learn more about the Child Care concentration of the Military Families Learning Network, please visit [http://blogs.extension.org/militaryfamilies/child-care/](http://blogs.extension.org/militaryfamilies/child-care/).
Wednesday, November 14, 2012
2:00 p.m. to 3:30 p.m. EST

For registration information go to: https://www3.gotomeeting.com/register/876242102

This webinar will discuss how parent engagement in school health positively influences the health of children and adolescents. Dr. Joyce Epstein, Director of the Center on School, Family, and Community Partnerships and National Network of Partnership Schools at Johns Hopkins University, will provide an overview of high quality programs for school, family, and community partnerships. Dr. Shannon Michael, adolescent health researcher at the CDC, will describe how parent engagement in schools positively impacts adolescent education and health outcomes, and will identify evidence-based strategies and actions for engaging parents in school health. The session will end with an in-depth overview of CDC’s newly released resources for parent engagement in school health.

It Can Wait: Teens and Distracted Driving

Monday, November 19, 2012
2:30 p.m. to 4:00 p.m. EST

To register use the following link: http://cyfernet.ces.ncsu.edu/mn/training/user.php?r=155
This webinar is free, but registration is required.

This webinar will explore ways to engage and empower youth to be peer educators on this critically important issue. Approximately 24% of all crashes (1.2 million) are estimated to be caused by cell phone use while driving (National Safety Council, 2012). Distracted driving was responsible for 18% of injury crashes in 2010. Teens and young adults are at a particularly high risk for distracted driving. A 2010 Pew Internet & American Life Project study reports that 26% of 16-17 year old teens have texted or used cell phones while driving. Presenters from the National Organization for Youth Safety (NOYS), AT&T, National Safety Transportation Board (NTSB), and a survivor of distracted driving will explore ways to engage and empower youth to be peer educators on this very important issue. This important webinar is sponsored by the Teen CYFERnet Board.

Presenters: Sandy Spavone, NOYS Executive Director; Andrea Brands, AT&T; Wil Craig, Distracted Driving Crash Survivor; Chairman Hersman, NTSB; Emily Reynolds, NOYS Youth Peer Educator

System Requirements: You will need a computer with a current operating system, a sound card and speakers to hear the presenters, and an Internet Connection of at least 56 kb/sec. If a group will be attending the session, you may need external speakers; if you are the only participant, you may prefer to use a headset. You will also need a current version of a web browser and the Flash Player (9 or higher) installed on your computer. Go to:
Embracing Life as We Age

Memory Banking Agent Training: Nov. 2nd (Clark County Extension Office) and Nov. 9th in Princeton, Amy Hosier, Family Sciences Extension Faculty

Memory Banking is a 3-week comprehensive Life Story program that emphasizes how to document and track personal life stories and health histories. Each lesson connects life and health history to relationships, mental healthiness, brain exercise, and legacy as way to promote quality of life and even caregiving. In addition to learning about the Memory Banking program, Agents will also receive resource materials, including participant incentives to bring back to your communities. 4 credits for instructional hours are available. Lunch is provided. Please contact Family Life Specialist, Amy Hosier, if you have any questions: amy.hosier@uky.edu or 859.257.1763

Two half-day agent-training opportunities are available:

- November 2, 2012 at the Clark County Extension Office from 10am-2pm EST
- November 9, 2012 at the Research and Education Center in Princeton from 10am-2pm CT

Free eXtension Webinar November 13 on Memory Banking, Using Life Story as a Tool for Caregiving, Presenter: Amy Hosier, UK Family Sciences Extension Specialist.

Despite the fact that most individuals will serve in some care role, there are almost no programs preparing individuals to serve as caregivers for older adults or to be care receivers in old age. This lack of preparation can lead to distress and anticipatory grief about the caregiving process. Hosier will help web viewers understand the importance and benefits of life story as a caregiving tool and encourage participants to write a life story. The free webinar from eXtenion.org begins at 1 p.m. Central Time. Details about connecting are at https://learn.extension.org/events/757. Note: this is not a Memory Banking training…rather this webinar will highlight how a program, such as Memory Banking, can be used as a caregiving tool.

Dementia Caregiving Simulation (UK Elder Care Learning Opportunity) November 14th, Amy Hosier, Family Sciences Extension Faculty

FCS and UK’s Elder Care are teaming up to provide a Dementia Caregiving Simulation on November 14th from 11am-1:15pm at the Bingham Davis House, 232 East Maxwell Street (UK Gaines Center for the Humanities). This Virtual Dementia Tour, a product of the Second Wind Dreams, is a powerful 20-minute simulation that allows participants to experience life through the eyes of someone with dementia or Alzheimer’s disease. The simulation helps you better understand the experience of memory loss and the challenges it can bring to caregiving. For more information, or to sign up, please contact Terri Weber, Elder Care Director at (859) 323-4600 or email at terri.weber@uky.edu. UK Elder Care is a free counseling and resource referral program for UK employees, retirees, and spouses/sponsored dependents. Call 859-323-4600, email or schedule an appointment Monday-Friday 8 a.m. to 5 p.m. at www.uky.edu/HR/eldercare
International Survivors of Suicide Day: Saturday, November 17th 2013, Amy Hosier, Family Sciences Extension Faculty

Have you lost a loved one to suicide or know someone who has? Do you want to learn how to help people bereaved after suicide? On International Survivors of Suicide Day survivors of suicide loss come together at healing conferences in their communities across the world for support and guidance. If you have lost someone to suicide or know someone who has, this conference is for you. You will get to hear from other survivors about what they have experienced and how they cope. The program also features experts sharing what they now know about suicide and grief. It is also appropriate for people who are learning about how to help people bereaved by suicide. The International Survivors of Suicide Day will be held at the University of Kentucky’s William T. Young Library, Auditorium & Gallery Saturday, November 17th from 10 a.m. – 3 p.m. The Featured Speaker is Janet Schnell, MSW. Janet is also a Suicide Survivor, Psychiatric Social Worker, and National Advocate. A panel presentation will also include Barbara Delmonico, LCSW, Good Samaritan Behavioral Health; Melinda Moore, PhD, UK Military Suicide Bereavement Study; and Yolanda Clay, NAMI Lexington. A Remembrance Ceremony will conclude the day. Participants are encouraged to bring pictures of loved ones. This event is free but please RSVP to paula.rymer7@uky.edu or 606-585-3375. Registration begins at 9am. Lunch is provided.

ARCH National Respite Network Fact Sheets, Amy Hosier, Family Sciences Extension Faculty

...check out the newest fact sheet on Respite for Rural Caregiving.
http://archrespite.org/productspublications/arch-fact-sheets#FS_35

35. Respite for Rural Family Caregivers: Overcoming the Challenges
Family caregivers living in rural and frontier areas face unique challenges to accessing supports, including respite, regardless of the age or condition of the care recipient. Family caregiving can be stressful, but when faced with fewer job opportunities and financial resources, limited access to health and social services, transportation barriers and the geographic isolation that predominate in many rural areas, family caregivers may experience added stressors. The purpose of this fact sheet is to present a clear picture of care recipients and their caregivers who live in rural and frontier areas and to offer suggestions to assist family caregivers, respite providers and administrators, and Lifespan Respite grantees in finding or developing respite resources.

FYI: These resources are from the ARCH National Respite Network and Resource Center. It is their mission to 1) promote and develop quality respite crisis care programs in the U.S.; 2) help families locate respite and crisis care services in their communities; 3) serve as a strong voice for respite in all forums. Please use the above link to peruse their other fact sheets and resources.

Securing Financial Stability

MONEYWISE Newsletter, Jennifer Hunter, Family Sciences Extension Faculty

The November 2012 MONEYWISE Newsletter is available at http://www2.ca.uky.edu/moneywise/newsletters/2012-11-MoneyWise-newsletter.pdf. The focus of the newsletter is Financial Preparation for the Holidays.
KY Saves Update, Jennifer Hunter, Family Sciences Extension Faculty

As a reminder Kentucky Saves Week 2013 is February 24th – March 2nd. We will have a packet of promotional materials available in early December. The Piggy Bank Design Contest is currently underway. County contests should conclude by December 3rd and district winners determined by January 9th. As a reminder 14 winning entries will receive a $250 college savings account from KEHA. Additional details regarding the Piggy Bank Design Contest can be found at http://www2.ca.uky.edu/moneywise/agents/downloads/2013-Piggy-Bank-Contest-flyer-AR.pdf.

New Extension Publications, Jennifer Hunter, Family Sciences Extension Faculty

I would like to make you aware of two new extension publications. Titles and descriptions are below.

FCS5-458 Maximizing Your Dollars in Retirement – Address the importance of financial security during retirement years. This two-part publication includes information on how to manage both your retirement assets and expenses, in addition to discussing strategies to maximize or preserve retirement assets to protect against inflation.
PDF/Adobe Acrobat: 208 kb

FCS5-457 Managing in Tough Times: Rebounding Your Finances after Recession - The feeling of financial stability is important for most individuals. However, as a result of the recent economic recession, commonly referred to as the Great Recession, many families have found themselves in difficult financial situations. This publication addresses specific steps for managing financial situations, such as reduction in work hours, retiring in economic uncertainty, and declining home values, which may have resulted from the period of economic recession.
PDF/Adobe Acrobat: 213 kb

Radio Scripts, Jennifer Hunter, Family Sciences Extension Faculty

As a reminder, we are not posting monthly radio scripts to the agents tab on the MONEYWISE webpage (http://www2.ca.uky.edu/moneywise/agents/radio-scripts.htm). There are 60 scripts, typically focused on timely events. The scripts are also available in a recorded MP3 format through Ag Communications.

Federal Budget Debates, Robert H. Flashman, Family Sciences Extension Faculty

A number of legislative provisions are set to expire at the end of the year if budget negotiations are not able to save them. Among these are the Bush-era tax cuts, as well as tax cuts for low- and moderate-income families enacted under the American Recovery and Reinvestment Act (ARRA) of 2009. The House and Senate so far have not been able to agree, as the House only wants to preserve tax cuts for the wealthiest Americans and the Senate wants to preserve tax cuts for low- and moderate-income Americans while allowing tax cuts to expire for the wealthiest among us. This disagreement could prove irreconcilable if the balance of power in Washington remains unchanged.

At the same time, federal emergency unemployment insurance is also set to expire at the end of the year. These benefits supplement state-funded benefits that typically last for 26 weeks.
At issue in the federal budget debates is who will benefit, the wealthy or low- and moderate-income families.


Federal Emergency Unemployment Insurance Helps Families and the Economy, Robert H. Flashman, Family Sciences Extension Faculty

The recession may officially be over, but many families are not feeling the recovery yet. In fact, about 40 percent of jobless workers have now been unemployed for over six months. The situation is especially bad for older workers, who could have the most to lose.

Federal emergency unemployment insurance has long been available in recessions to help the long-term unemployed. This federal insurance supplements state benefits (usually 26 weeks) and helps tide people over until they are able to find another job. It has been a successful program not only for workers, but also for the economy. People who have money to spend benefit the economy, while those who are broke do not. Those who receive unemployment benefits tend to spend their benefit money quickly, on basic needs, generating $1.50 - $2.00 for every federal dollar invested. Clearly, this benefit not only reduces financial pain for the unemployed, it also helps the economy. And who could argue with that?

Federal emergency unemployment insurance has never been cancelled when the unemployment rate was above 7.2 percent. The October unemployment rate just reported was 7.9 percent. It would seem that, if we want to help struggling families and boost the recovery, we would do well to renew funds for this important program.


Promoting Healthy Homes and Communities

Touring the Universal Design Living Laboratory, Ashley Osborne, Extension Associate and Amy Hosier, Family Sciences Extension Faculty
On September 22, a group of FCS County Agents, Assistant Director of FCS Extension, Ann Vail and I, had an opportunity to take a “behind-the-scenes” tour of the Universal Design Living Laboratory (UDLL) in Columbus, Ohio (photo above). The UDLL is a national demonstration home and garden built out of the dreams, passions and needs of Dr. Roemarie Rossetti and husband, Mark Leder. They built and share their home to better help people, including the building industry, better understand how to create a more comfortable living environment that will enhance quality of life.

In June of 1998, Dr. Rossetti was paralyzed from the waist down when a 3 ½ ton tree crashed down on her while she and Mark were bicycling. After the accident, she and her husband soon realized that their two-story dream home was no longer practical or safe for their needs. After touring model homes across the country, researching universal design principals, and talking with countless builders and corporate sponsors, Dr. Rossetti and Mark set forth to build the UDLL. The ranch-style home highlights the quality of indoor and outdoor lifestyle through universal design features, resource and energy efficient “green building” methods, safety, advanced automation technology, a healthy home construction approach, and design principles of feng shui. As we toured the home, it was apparent that each feature in the house had been carefully thought out in terms of both accessibility and sustainability. According to Dr. Rossetti, “A home is not truly sustainable unless it is accessible.”

The in-counter steamer and pasta cooker (photo left) caught every eye on the tour. This appliance allows you to easily cook pastas, vegetables, fruits, meats, and even desserts like custards and bread and rice puddings. You can fill the appliance with the amount of water needed using the pot filler above the in-counter steamer. The appliance allows you to drain off water by the simple flip of a switch. Photo taken by Sally Mineer, FCS Agent Lewis County.

For more information about the UDLL visit http://www.udll.com/.

For information about helping people of all ages and abilities evaluate and adapt their home to optimize safety and independence, visit the new FCS Home Accessibility series publications:

This series emphasizes ability in light of a disability. Approximately 30% of Kentuckians age five years and older have trouble with mobility, routine daily activities, and self-care due to disabilities (American Community Survey, 2009). The inaccessible features of many homes contribute to the challenges for people to meet daily needs, including bathing, using stairs, and entering/exiting easily. Such barriers can eliminate housing options or trigger an unwanted or premature move to senior housing or institutionalized care, which can limit independence, create emotional upset, and cause financial burden (HousingPolicy.org, 2010). Universal design features, including assistive technology, helps to make homes safer and more user-friendly for all.

For examples of a variety of products for independent living, you may be interested in ordering a catalog from MaxiAids. While FCS does not endorse their products, they are the leading provider of products designed to help people be as safe and as independent as possible in the home and community. To order a catalog, call 1-800-522-6294 or email sales@maxiaids.com.

Healthy Home YouTube Videos, Ashley Osborne, Extension Associate

New videos are available on the UGA GreenWay You Tube channel at http://www.youtube.com/user/UGAGreenWay/feed. Videos include:
- Toxic Look A Like (En Espanol & English)
- Living Green in the City
- Living Green
- Water Conservation in the Home
- Leave it at the Door
- Fall Prevention
- Radon Test Kit Demo

Pest Management Resources (From Healthy Homes Partnership Listserv), Ashley Osborne, Extension Associate

IPM in Schools: Protecting Children from Pests Webinar
https://www1.gotomeeting.com/register/382802256 The webinar was recorded via Windows Media Format. It will take approximately 2 minutes or so to load before viewing; so please be patient.

Bed Bugs Go to School Webinar:
https://www1.gotomeeting.com/register/722105169
The webinar was recorded in Windows Media Format and may take a few minutes to load. To view the recorded webinar, copy and paste the link in your web browser and follow the prompt.

Bed Bugs Go to School (PDF)

Upcoming Events, Ashley Osborne, Extension Associate

Envirothon Training
Who: Coaches, students, anyone interested in learning more about Envirothon
When: 10 am (EST) January 3rd through 12pm (EST) January 4th, 2013
Where: Natural Bridge State Park, Slade, KY

Registration Fee: $40 per person (Includes lunch on first day and continental breakfast on second day.) Registration fees are due by December 19, 2012, and are nonrefundable.

Lodging: A limited number of rooms and cabins are available and have been held for the workshop at Natural Bridge State Park. Please mention “KY KWRRI” when reserving your room(s). These rooms will be held until December 12, 2012. Visit http://tinyurl.com/95ymh4b for more information.

The annual Kentucky Envirothon Competition is an event in which teams consisting of five high school-aged students use hands-on experiments, analysis, and use of critical thinking skills to answer questions related to soils/land use, aquatic ecology, forestry, wildlife, and a current environmental issue which changes from year to year. The winning team of the Kentucky Envirothon Competition advances to the international Canon Envirothon Competition. The international competition will be held in Montana in 2013, where the current environmental issue focuses on sustainable rangeland management.

At this workshop, professionals, including Lisa Schmidt, Montana Rancher and former NRCS employee, will lead participants in discussion and activities related to the 2013 Current Issue Learning Objectives and address the testing categories, including soils/land use, aquatic ecology, forestry, and wildlife.

To register contact Ashley Osborne, University of Kentucky Cooperative Extension Service, Environmental Issues, 859-257-2505 or ashley.osborne@uky.edu. Agents can register via KERS.

Rain Garden Workshops, Ashley Osborne, Extension Associate

Join us for a one day workshop covering the following topics: Rain gardens and their role in stormwater management Landscape/lawn assessment: locating the site for a rain garden Rain garden construction: size, design, and installation Plant selection, care, and rain garden maintenance The workshop format provides both classroom and hands-on instruction including working examples, a simulated site assessment, and an abbreviated installation and planting exercise. $15 registration fee is required. Agents can register via KERS. Contact Ashley Osborne at ashley.osborne@uky.edu or 859-257-2505 for additional information.
March 26 – Mercer CES
April 8 – Henderson CES
April 11 – Leslie CES
April 19 – Washington CES

Empowering Community Leaders

KEHA Information and Updates, Kim Henken, KEHA State Advisor

- The KEHA Marketing Items information online (www.kea.org) has been updated! New photos are posted along with an updated order form. If your county or area has an upcoming event or is looking for marketing items for the membership drive, please check the site to see merchandise available for order.
- District 5, 6 & 7 --- Nominations are currently being accepted for the Kentucky Master Farm Homemakers Guild (KMFHG). KMFHG is open to KEHA members with a minimum of 5 years membership who are farm homemakers active in the farming operation. View complete requirements and information about the selection process at www.kea.org then click “Master
Farm Homemakers Guild” in the left menu. Nomination forms are accessible from this site and are due to Kim Henken by November 15, 2012. Please email khenken@uky.edu if your county has nominee(s).

- The 2013 KEHA State Meeting is scheduled for May 6-9 at the Hyatt Regency and Lexington Convention Center. Information regarding room reservations is available via the KEHA website.

- KEHA 80th anniversary prints are available for order. View the print and access the order form on the KEHA website.

- The KEHA database is continuing with the online application - https://www.ca.uky.edu/hes/keha/database/securedlogin.php. Counties should add new members, update member records as needed, and delete any members who are not continuing. The email, daytime phone, fax number, date dues paid and date when joined fields are not required for state purposes and are provided for your use as desired. If you have any questions about the database, please contact Kim Henken (khenken@uky.edu) or Brian Fitzpatrick (brian.fitzpatrick@uky.edu). Instructions for the KEHA database application are available on the FCS Internal webpage under “Organizational Tools/Resources” then “KEHA.”

- For KEHA clubs and counties with 501(c)(3) tax exempt status – The 990N e-postcard returns or 990 tax returns are due by November 15th if your group’s fiscal year ended June 30th. Please remind clubs and counties that a copy of the return is to be submitted to the Extension office along with a budget, financial report and audit report.

- Encourage members to pay KEHA dues by December 1 in preparation for mailing the county remittance to the state treasurer by December 15. REMEMBER: The remittance now requests the gender, race and ethnicity summary for the county membership.

**Checklist for November Newsletter Action Items:**

- Register for KEAFCS and Dec 4 In-Service.
- District 5, 6, and 7 – Eligible to submit materials for consideration for the Kentucky Master Farm Homemakers Guild by November 15.
- Remind KEHA leaders to submit dues by December 15.