



Warren County Extension Homemakers Association

3132 Nashville Road, Bowling Green, KY

270-842-1681



Dear New Extension Homemaker Member:

Congratulations on your decision to volunteer and become a member of the Warren County Extension Homemakers! You're beginning an interesting, challenging and rewarding experience. Because we know you have many questions about membership, we hope you will find this informational letter helpful! Your fellow members are excited to have you join and share our mission of "Learning, Leading, and Serving", that is now entering the 76th year! Please feel free to ask any questions, any time to a fellow member or just call me at (842-1681) or visit me at the Warren County Cooperative Extension Service facilities. Sherry Taylor, Penny Hughes and Sara Gossett, our Extension staff assistants are also ready to greet and assist you when you arrive at our facilities. If you like, you may also e-mail us at ces-warren@lsv.uky.edu or visit the Cooperative Extension Service website, at www.ca.uky.edu/warren/fcs/. Again, welcome to the Warren County Extension Homemakers! I look forward to personally meeting you soon!

Sincerely,

Betsy Ann Tracy
Warren County Extension Agent for Family & Consumer Sciences



Who are the Kentucky Extension Homemakers & the Warren County Organization



KEHA members seek to strengthen home, family and community through educational programs, leadership opportunities and community volunteer service projects throughout Kentucky. Organized in

1932 to originally unite women throughout rural Kentucky, membership now includes over 20,000 people. Educational support is provided by the University of Kentucky Cooperative Extension Service and the state Family and Consumer Sciences Extension Program. Each county has a local organization to support members in developing topics for learning, leadership opportunities and local community service projects, along with the ten county Mammoth Cave Area Extension Homemakers Association, KEHA with other national (National Volunteer Outreach Network) and international affiliations (Associated Country Women of the World) available.

Inside This Issue

How Much Does It Cost	2
Who Can Belong	2
What Is My Role	3
The Extension Homemaker Club	3
What Does the Lesson Leader Do	4
Are There Other Opportunities	4
Contact Information	4



What Does the "County Extension Agent" Do?

The County Extension Agent for Family and Consumer Sciences serves as the local educational advisor, helping the organization with developing educational programming, leadership opportunities as well as coordinating service project opportunities with county committee leadership. Other Extension Agents across the ten County Mammoth Cave Area (Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson and Warren) also provide support with regional projects and area-wide educational programs. The mission of the Family & Consumer Sciences program with the Cooperative Extension Service is to help families and consumers in "LIVING WELL", through research-based education provided by the University of Kentucky campus. Whether its eating healthy, spending smart, raising kids, enjoying home or serving the community, Extension Agents are educating through a variety of programs. Check out the current "Living Well" newsletter for the latest programming.

How Much Does It Cost?



Current county, area and state dues are \$8.50; individual clubs may add extra annual dues, in lieu of fundraisers, with membership approval. A \$1 contribution is included for

the Kentucky Ovarian Cancer Research Fund – a KEHA health research project in cooperation with the

UK Markey Cancer Center. Extension Homemaker members, age 50 and above or younger with family cancer history, are eligible to receive free ovarian cancer screenings at the Markey Cancer Center in Lexington, Ky. The project was initiated in 1975 by the late Virginia McCandless, Barren County and KEHA chairman, with nearly \$1,000,000 in contributions statewide, to date.

Who Can Belong to Warren County Extension Homemakers?

Members may join as a club member in local community clubs or as a member-at-large.

Club Members: currently in 12 community clubs, meet monthly during the day or evening, in homes, the Warren County Cooperative Extension Education Facility, or other locations, depending on what meets members' schedules.

Members-At-Large: are independent members, who do not necessarily meet with a specific club monthly, receiving all program materials through the mail.

The Kentucky Extension Homemakers Association (KEHA) welcomes members no matter what their age, race, color, national origin, creed, marital status or sex or income level! Any full or part-time 'home-maker', male or female, rural or urban, teenager or senior citizen and in-between, may belong to KEHA.

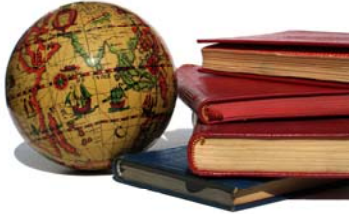


Download Current Homemaker Material @

www.ces.ca.uky.edu/warren

The Extension Homemaker Organization Is Made Up of a Three - Part Mission

Learning



Homemakers gain new knowledge and skills that improve the quality of life for themselves and their families. Practical demonstrations and discussions are important

parts of the monthly meetings. Educational Plans of Work are developed from identified issue suggestions. The Extension Homemakers focus on key areas affecting families – *Foods, Nutrition, Health & Safety; Family Resource Development; Cultural Arts, Housing, Energy & Environment; International; and 4-H Youth Development.*

The program year begins in July and ends the following June, with ten educational topics – one focus topic per month - over the year. August and December are

reserved for club cultural or holiday events, organized by individual clubs or county-wide events. Additional special interest workshops, are also conducted based on needs and interests. The annual Plan of Work provides an overview of all topics, with additional opportunities schedules at quarterly County Homemaker Council meetings.

The County Extension Agent for Family & Consumer Sciences serves as educational program advisor, helping facilitate program planning activities, conducting educational programs and coordinating leadership and community service activities. The Extension agent serves as a link to the University of Kentucky resources, as well as a partner with Homemaker members to plan and provide the organization with exciting, productive programs that are beneficial to individual members and the community at large!

Leading

Leadership opportunities exist with club or county project committees, club or county subject chairmen (who provide leadership with specific projects and topics in the key subject areas) and club or county officers: President, President-Elect, First Vice-President; Second Vice-President; Secretary and Treasurer. The County Extension Homemakers Council meets quarterly and consists of all county officers, chairmen as well as club presidents and provides leadership in strategic planning, membership campaigns, program and service project development. Personal leadership development workshops are also conducted annually on the county level as well as special topics at the area and state level. More information is available with the Club/County Chairmen & Officers Responsibility overviews.



Serving



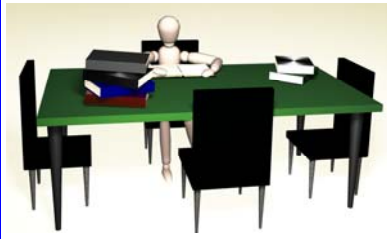
Interested members work to make their community a better place through a variety of issue-based projects on the county, area, and state levels. Warren

County Extension Homemakers provide fundraisers for cancer research and collect items for many local agencies such as BRASS and family resource centers. They provide local scholarships and have contributed over 10,000 hours of community service this year. Individual members are recognized annually for collective volunteer service hours on the county and area

levels, as well as state wide with 500 + hours. Projects are selected annually by membership and county leadership.

In addition, individual members provide service through welcoming friendship and personal support networks for each other and others in the community. Whether it is fun and fellowship at meetings and events, emotional or financial support during hard times and tragedy, Extension Homemakers are noted community wide for providing wonderful emotional, social support for others that makes a difference in the lives of every individual touched!

What Does The Lesson Leader Do?



The Extension Homemakers educational program takes a 'train-the-trainer' approach, providing leadership opportunities for 'lesson leaders'. After members

provide suggestions and then vote on specific topics with the annual program ballot, clubs are asked to select a 'lesson leader' per topic – usually pairing the topic with someone's personal interest. County Extension agents provide monthly topic 'leader trainings', where agents provide training on how to use teaching guides,

suggested activities as well as member resource handouts for presentation use at the monthly club meeting. These are scheduled each month before club meetings start and are usually held at the Cooperative Extension Service Educational Facility.

Leaders are asked to review the materials and present selected topic overview points and lead discussions with other club members. This is a great part of the educational program and not as scary as you might think! Club members provide much support and enjoy the support activities, which makes the topic much more interesting than just reading materials on your own!

What's My Role As A Club Member / At - Large Member?



All members provide the enthusiasm, knowledge, skills and personal support to others that make the Extension Homemakers a special and unique organization! Sharing time at monthly meeting discussions, county or club events or special projects

provides a way for each member to contribute in their own way. You can be as active as your time and schedule permit! Educational materials are distributed to club members at the monthly meetings with newsletters and other communications received through the mail; members-at-large receive all materials and communications through the mail. We are currently working to make the Extension Homemaker website more user friendly with e-mail options. Also contact the Warren County Cooperative Extension (842-1681) to volunteer or ask questions at any time!



Welcome To The Warren County Extension Homemakers!

If you have any additional questions please contact your Warren County Cooperative Extension Service or fellow Homemaker members at anytime!



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Answering your questions about nutrition, finances, clothing, household, and family skills and abilities.

Are There Other Opportunities For Leadership Recognition?



The County membership annual meeting is held each year in June, to provide opportunities to recognize clubs and individuals for accomplishments as well as learning opportunities. Members receive recognition for participation in the Cultural Arts Reading Program, Club Membership, Volunteer Service as well as county chairmen/officer leadership roles.