

Northern Kentucky Extension Homemakers President's Report 2007-2008

The Northern Kentucky Extension Homemaker Area consists of eight counties: Boone, Campbell, Carroll, Gallatin, Grant, Kenton, Owen and Pendleton with diversified demographics and cultures. Through utilizing the system of correlating the eight programs of work under the leadership of program co-chairmen and FCS agents, needs and interests can be met on the area, county and club levels. The endeavor of this report is to showcase our many accomplishments in our area and sixty-eight clubs.

Food, Nutrition, and Health

- Taught nutrition and food preparation to youth.
- Worked in local schools to teach families how to use cooking utensils and to cook nutritious foods that are easy and fun. Recipes for Life taught to over 150 5th grade students who also made their own cookbook.
- One county participated in county wide "Mobilizing for Action through Planning" survey and committee which is connected with the National Public Health Performance Standards Project.
- Lessons taught on Cooking for 1, 2, Health Benefits of Soy Foods, and Baking with Artificial Sweeteners.
- Provided decorated cupcakes for students at Thanksgiving.
- Counties taught classes to educate diabetic patients on proper foods.
- Served on Tobacco Prevention Coalition, Cancer Coalitions and Cancer support groups.
- Organized Community and Elementary School Health Fairs.
- Several counties organized community events for Second Sunday, community walking program.
- Sponsored Congenital Heart Defect Walk – gave proceeds to Cincinnati Children's Hospital Medical Center Congenital Heart Defect Research – made quilt as fundraiser.
- Sponsored "Get Moving Kentucky", the Ovarian Cancer Fund, "Relay for Life", Blood Drive and mammogram Mobile Unit.
- Had craft shows and other fundraisers with proceeds going to breast cancer research and the needy.
- Can tabs collected for Indian Summer Camp for Youth with cancer.

Cultural Arts and Heritage

- Cultural arts items went to area and state. Viewers Choice Award from Northern Kentucky.
- Conducted hand-on activity for Safe Night at school.
- Judged and assisted in county fairs in many ways.
- Participated in the "Sewing Expo" at General Butler State Park.
- Sponsored craft shows to allow local vendors to sell their wares.
- Quilt Show sponsored by Homemakers.
- Master Clothing Volunteers assisted with 4-H and adult sewing projects.
- Taught sewing and craft classes.
- Sewing, quilting, scrapbooking and basket weaving clubs were formed.
- Counties participating in nationwide Barn Quilt Square project called The Clothesline of Quilts.
- Counties made ornaments for Capitol Christmas tree.
- Lesson taught on Revitalizing Your Community through Historic Preservation taught.
- Holiday program held in several counties.

Leadership Development, Community Outreach and Scholarship Committee

- Four members served on the KEHA Board.
- Members served on county councils.
- 80 leaders participated in Area Leadership workshop.
- Thousands of dollars were given in scholarships to high school seniors.

- Community Outreach included: supporting needy families, baby showers, holiday baskets of food and goodies to shut-ins, visited nursing homes, preschool activities (RediFest, etc.), monetary gifts for community needs, Women's Crisis Center, Family Resource Centers, Blessings in a Back-Pack World Food Day, participated in Public Library 5K Walk.
- Hosted reception for county officials swearing in ceremony.
- Several members traveled to Frankfort for the KEHA 75th Anniversary Celebration.
- Monetary incentives were awarded for VSU's.

Management and Safety

- Throughout the area, various sessions have been conducted on financial planning.
- Counties have been involved in Farm and Safety Day, security at Floral Halls, Prom Safe, Project Graduation and H.O.P.E. (Helping Our People in Emergencies).

4-H Youth Development

- Lesson emphasis on Nutritious Breakfast Choices, and Jump into Foods and Fitness.
- Members worked in Reality Stores, 4-H Bake-Offs, Talent Shows, judging and giving trophies and awards, fashion reviews, sewing projects and camp scholarships. Prepared and served meals at Area 4-H Horse Camp.

International/Global

- One county led a program to introduce Hispanics living in the county to traditional American Thanksgiving foods.
- "Pennies for Friendship" collected to reach goal of tripling donation.

Environment, Housing and Energy

- Lessons taught on Lawn Care, How Are You Lighting Your World? About CFL light bulbs, Family Keepsakes, Safe Proofing Your Home, Fibers and Fabrics for Today's Homes, and Clutter Control.
- Antique and Collectibles series held in area
- Recycling bags provided at community events.
- Clothing recycled through local consignment shops.

Family and Individual Development

- Baby blankets for preemies, chemo caps, seat belt and heart shaped pillows were made for cancer patients and throws for dialysis patients.
- Members helped with senior programs, visiting nursing homes and providing Holiday favors for residents.
- "Project LEAP Program" for reading and nutrition was conducted by one county.
- Care packages sent to the soldiers in Iraq.
- Partnered with county library system to offer 8-week Family Reading Program series.
- Sponsored children through the Dolly Parton Imagination Library which supplies young children a new reading book each month.
- Lesson taught on Clothing for You.
- Made and donated blankets and afghans to Camp Courageous-Center for Courageous Kids.
- Helped with county-wide old fashioned picnic.
- Book baskets for family use have been distributed Area-wide in restaurants and hair salons to give families an opportunity to read together.

A recruitment program in which one club in each county that had the most new members received a reward of ten dollars and the club in the area with the largest gain received twenty-five dollars. Our overall enrollment is 1,608 members in our eight counties.

**Respectfully submitted by,
Betty Roberts, Northern Kentucky Extension Homemaker President**