



## **Kentucky Shines News Update**

### **November 2007**

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#### **KY Employee Choice Award Winner**



Our state employee winner was recognized and presented the Employee Choice Award trophy at the November KACDE meeting in Pigeon Forge. We are honored to announce this year's winner, Stephanie Young, from Boyd Co. Stephanie is always very busy working with the schools in her community. She has a great educational program. She has served as Vice President of KACDE for almost four years and she is always ready, willing and able to carry out all duties that need completing. She serves on the Special Project Committee for SECDEA and she volunteers to work registration at the NACD annual meeting. Thanks for all your efforts, Stephanie! An award well deserved.

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#### **KY Supervisor Choice Award Winner**



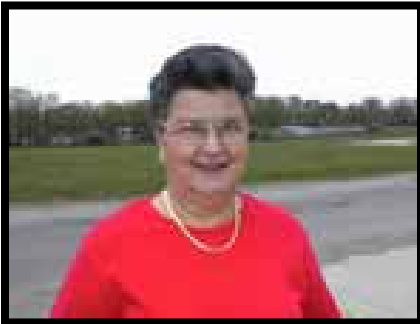
We also are proud to announce this year's State Supervisor winner. Danny Blevins, also of Boyd Co. has won this honor. Danny has served on the Boyd County Conservation District for five years. He has assisted with many of the educational programs for the Conservation District. He is an associate member of KACDE. I have known Mr. Blevins for several years and he has always been willing to help with anything that we have asked him to do. He is one of our greatest supporters. Congratulations Danny.

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#### **Website Addition**

We have inserted a section called "In honor of" for Supervisors and district employees that we have lost in the last few months. We will update this section annually. We send our condolences to the families of Mr. Harold Settles in Washington County and Mr. Russell Wilson in Lee County. Mr. Wilson had served on the board for over 25 years.

## KY Shine Area Winners



*Pictured at left is Sandra Roberts from Caldwell County.*



*Marsha Marklin has been employed in Simpson County for six years.*

We are happy to announce the Kentucky Shine award winners. Sandra Roberts in Caldwell County is our winner in Area I and Marsha Marklin of Simpson County is the winner in Area II. Congratulations on a job well done to these two dedicated employees.

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**New Logo is in the Works!** We are so excited to inform you that we are in the process of developing our own logo. This has been a goal for almost a year. I have watched the last three and a half years as KACDE has shined brighter and stronger.

When I attended the National Leadership Training in Nashville last year, we had a session on developing a logo. The first thing that was stressed was to keep it simple and when you look at it, let it say what you want known and something you can remember.

We are working on a logo similar to the one on the right. We want to make the statement that KACDE Shines. Look for the new logo soon.



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### **GPS Raffle tickets will be sent out soon**

We will be raffling a GPS for your automobile in December. We will be sending tickets to each Area Rep and asking them to encourage each county in their area to sell at least six tickets. Tickets will sell for \$5 each or 5 for \$20. The drawing for the GPS will be in July at the KACD Convention. Good luck!

## SECDEA Meeting Update

Twenty three Kentucky district employees attended this year's annual SECDEA Conference in Pigeon Forge. The atmosphere was filled with excitement and contagious energy as employees across eight states gathered to work together to carry out another successful conference. Many changes were implemented this year. Concurrent training sessions were available on these topics: educational programs, digital camera session and new methods to work with more current resource problems.

State DEA Presidents reported on activities and events that their DEA has done in the past fiscal year. I am always so surprised to see how talented this group is and what they get accomplished.



Mendel Wade was elected as the next President for SECDEA. He will take office after the NACD Convention in February. Congratulations Mendel. A special thanks to Ann Spake for the time and dedication she has given SECDEA over the past several years as President, President Elect and Treasurer.

Martha Newby was reelected as SECDEA Secretary, Deborah Widner from Alabama was reelected as Treasurer and Mamie Caison was elected Vice President. If you know this group, you know we are in good hands.

If you were not able to attend this year, I strongly encourage you to go next year. This is a conference you don't want to miss.

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## **T-shirts for Art & Writing Contest**

A survey has been emailed to all Districts to see how many would be interested in purchasing t-shirts through KACDE, if we are able to provide quality t-shirts at a reasonable price. Please send your response to this survey to Linda Russell as soon as possible.

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## **Spring Flower Bulb orders will be coming soon!**

One of our most successful fundraisers is selling flower bulbs. We will soon be sending out information for our spring orders. Start planning for your flowerbeds now and watch as a vibrant flow of color blooms in your flower garden. Order forms will be sent to Area Representatives.



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## **Helpful tip**

Make a list of the items you need to complete for the week and then prioritize them. Decide what you want to complete each day and schedule them throughout the week so that you can get them all done in your time frame.

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## **Historian Assigned**

Sandy Gay, Lee & Owsley Co. has agreed to document KACDE's history. She will put in writing the history of KACDE. The document will include a list of officers and their terms, activities, fundraisers, accomplishments and events of the past 12 years. I am sure Sandy will do a great job. Thanks Sandy.

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## **Directory Updates**

Martha Newby is working on updating the KACDE Photo Directory. If you know of any new employees, phone number or address changes, please contact Martha in Woodford Co. and let her know.

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## **Well Wishes**

Martha Newby and Cindy King have struggled with serious health issues as of late. They are improving and we wish them a complete and speedy recovery.

## Healthful Tip

Since many people are alone when they suffer a heart attack, this article seemed to be in order. Without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.



However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let up until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital. Tell as many other people as possible about this, it could save their lives!

From Health Cares, Rochester General Hospital via Chapter 240s newsletter 'AND THE BEAT GOES ON..'

(Reprint from The Mended Hearts, Inc. publication, Heart Response)

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See you soon! Linda