



Kentucky Network of Outdoor Women  
P.O. Box 1721, Frankfort, KY 40602 / [www.kynow.org](http://www.kynow.org)

## January 2012 Newsletter



### YOUR 2012-2013 OFFICERS

Back Row: Miche' Branscum, Second Chair; Kay Bechel, Communications; Karen Hilborn-Crabtree, Treasurer; Donna Redmon, First Chair; Judith Gresham, Chair; Denise Smith, Secretary

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## UPCOMING EVENTS

Go to [www.kynow.org](http://www.kynow.org) for more details. There is now a Facebook link to our webpage. Just start typing Kentucky Network of Outdoor Women in the search box until you see it listed.

**KNOW BOARD MEETING** **January 15, 2012**  
Panera Bread, Frankfort Kentucky 2 p.m.  
Members encouraged to attend!

**ELK TOUR** **February 4-5, 2012**  
Jenny Wiley State Park  
Arrive Saturday, Tour Sunday. Contact Rebecca Gibbons, [equimotion@Yahoo.com](mailto:equimotion@Yahoo.com)

**CARTER CAVES STATE PARK CABIN TRIP** **March 30, 31, & April 1st**  
Hiking and exploring all weekend. Contact Nancy Moore, [Nancy753@live.com](mailto:Nancy753@live.com) or 502 875 6611

**BOYLE CO. WILDLIFE REFUGE** **April, 2012 (Mid April) TBA**

**SURVIVAL SKILLS WEEKEND** **Fall 2012 TBA**

**RED RIVER GORGE HIKE** **Winter 2012 TBA**

**WILDFLOWER HIKE** **Spring 2012 TBA**

*Remember, if you set up a KNOW event, we pay you \$25 to defray expenses. You don't have to save receipts and telephone bills!*

**Membership Renewals Due Now!**

January 2012

Print out your application/renewal form at the "JOIN" tab on [www.kynow.org](http://www.kynow.org)

### BOW Events

Kentucky BOW now has a Facebook page. Check there for pictures of 2011 BOW and past BOWs, and notice of events. <http://www.facebook.com/pages/Kentucky-Becoming-an-Outdoors-Woman/153911401365272>. If you missed the Kentucky Afield broadcast of this year's BOW, catch it on youtube at <http://www.youtube.com/watch?v=TTTlcEhDkdg>

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**WALK WITH THE ANIMALS, October 29, 2011**

**KNOW members participate in this annual event, which provides a safe and fun trick or treating experience for Kentucky children.**



**Karen lends her artistic talents at the face-painting station.**

**Pat had so much fun passing out treats at the Elk station, she would not give the rest of us a turn.**



**Several of the members left before the group photo. Here we have Karen, Kay, Pat, Judith, and Nancy.**

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**ANNUAL BANQUET, November 5, 2011**



The annual banquet was held at Longview Golf Resort and Vineyard. We had a catered luncheon and held the election of the 2012-2013 Board. We had a wonderful time planning new events and getting to know each other better. Longview has facilities for many outdoor activities, such as fishing and archery, and we will likely hold more events there.

I want to encourage all members to attend the quarterly meetings of the KNOW Board and offer suggestions and help plan events. If you do not recognize the people in this photo, I challenge you to attend more meetings and outdoor events this year and the next.

Judith Gresham

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**PAINTING WITH A TWIST, November 5, 2011**

Following the KNOW Annual Banquet, some of the members then drove to Lexington to Painting with a Twist, where we gathered to paint an outdoor scene.

The technique is very much like you may have seen on KET, however the instructor did not have bushy hair and did not insist we use "happy" white paint. The first step was to paint the background. In our case, this was sky and water.

Then we began to layer on other features of the landscape, starting with those farthest from where the alleged artist was standing.



Sometimes it was necessary to stop and dry the paint between layers.

There was no right or wrong in these pictures. As you can see from the finished pictures, we each imagined different sorts of trees on the hills, and a different branch in the foreground.

In the group picture, you can see our example picture just behind Kay's elbow.

Painting with a Twist will also guide you through different sorts of pictures, which use different techniques. We all proudly displayed our finished masterpieces.

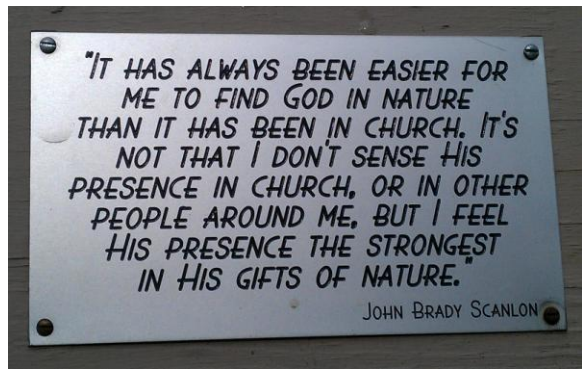
Judith Gresham



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**HIGHLAND CEMETERY TRAILS HIKE**  
**Saturday, December 3, 2011**

Hiking in a cemetery? Hmm, I was curious about this, so Kay and I drove up north to Ft. Mitchell, a little bit south of Cincinnati, to check it out with trip leader Kathy Schmitz and a friend of hers. The cemetery was literally right off the freeway exit, making it so simple to find we'd turned off the GPS.



Kathy provided juice and some really, really good muffins for sustenance before the hike. We drove into the cemetery and parked at the trailhead and headed off into the woods along a little babbling brook in a deep valley. It was very pretty; you'd never know there was a Kroger and a freeway so near. The trail was scattered with benches and neat verses and poems on plaques on some trees. I found some interesting fungi to photograph.

We followed the creek and then climbed up to the ridge and crossed the pet cemetery and then went through a newer part with huge granite monuments at family plots. We

investigated an especially impressive one that was so new there was nobody in it yet, but seemed to be set up for 20 family members at least. We were estimating the cost of all that granite, coming up with half a million, likely more. Then it was back into the woods and down to cross the creek and then back up to the cars. There were several more trails that we didn't have time to explore.



We had heard good things about the Greyhound Tavern where Kathy had planned to take us for an early dinner, but Kay and I had places to be that night so we had to leave after the hike. We hope to check that out next time we hike in that area.

Thanks Kathy for showing us this little gem in the middle of the city.

Nancy Moore

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Deadline for KNOW Membership Dues for 2012 is January 31st, 2012. Go to [www.kynow.org](http://www.kynow.org) and click the "join tab" to print your 2012 application / waver form.  
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