

FEBRUARY

2024



UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

Cooperative Extension Service
Garrard County
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Garrard County Family and Consumer Sciences Newsletter

Love has nothing to do with what you are expecting to get - only with what you are expecting to give - which is everything.”

-Katherine Hepburn

Hello Everyone, and Happy February!

Please see the following newsletter for upcoming events happening at the Garrard County Extension Office. Although I am currently on maternity leave, there are many awesome programs for you to attend, and I hope you'll continue to take advantage of those opportunities. Please note that starting in May, we will be transitioning to electronic newsletters. This means we will need an email address from you if you'd like to continue receiving them. If you would like to continue receiving a paper copy through the mail, please let us know that as well, and we will put you on our smaller mailing list. Our hope is to accommodate everyone's preferences while also cutting down on expensive mailing cost and waste. Hope everyone's February is filled with love and happiness! See you soon.

County Extension Agent for
Family and Consumer Sciences
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CHECK US OUT ON
SOCIAL MEDIA!



[HTTPS://WWW.FACEBOOK.COM/GARRARDCOUNTYFCS](https://www.facebook.com/garrardcountyfcs)

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities accommodated with prior notification.

Upcoming Events

YOGA CLASS!



INSTRUCTOR: KRISTINA BEAMAN
 COST: \$5 PER CLASS
 TIMES:
 TUESDAYS AT 7PM (BEGINNER AND ADVANCED)
 THURSDAYS AT 9AM (CHAIR YOGA)

FOR MORE INFO, PLEASE CALL THE OFFICE OR CHECK OUT THE "YOGA W/ KRISTINA" FACEBOOK GROUP!

LUNCH & LEARN FREE MONTHLY COOKING CLASS



CLASS TIMES
 ARE 12PM
 AND 6PM.
 CALL TO RSVP
 AND CHOOSE
 YOUR CLASS
 TIME.

EVERYTHING TUNA MELTS:
 TUES. FEBRUARY 6TH

Savor the Flavor

The Savor the Flavor program focuses on flavoring techniques and cooking methods that anyone can use. The goal of the program is to help people make home-prepared meals that are flavorful and exciting. Savor the Flavor allows people to build their skills and confidence in the kitchen through interactive recipe demonstrations, tastings, and other engaging activities. You won't want to miss it! We look forward to seeing you!

March 1st from 10am-3pm
Boyle County Cooperative Extension Services
99 Corporate Drive, Danville, KY

Registration begins at 9:30am.
 Lunch and taste testing will be provided.

Call BCCES at (859) 236-4484 to register by Feb. 26th!

Fee: \$5
 Payable via Cash or Check

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 HomeMakers

WINTER SEWING WORKSHOPS

Cooperative Extension Service

GARRARD COUNTY EXTENSION OFFICE

Call to RSVP: 859-792-3026

Participants need to bring working sewing machine, foot control, instruction book, sewing supplies to include pins, pin cushion, sewing gauge, fabric shears, thread snips, neutral color thread, and seam ripper. Participants in workshops will also sew using a serger when applicable. Office sergers will be available, but participants can bring their own.

QUILT-AS-YOU-GO POTHOLDER- \$7	FRIDAY, FEB. 9, 10AM-3PM
POUCHES AND PURSES- \$10	FRIDAY, FEB. 16, 10AM-3PM
SEWING DOLL CLOTHES- \$12	FRIDAY, MARCH 8, 10AM-2PM
APRON- \$7	DAYTIME: FRIDAY, APRIL 19, 10AM EVENING: MAY 2ND & 3RD, 6PM

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Garrard's Gardeners

Open to the public
 Please call to register: 859-792-3026
 Held at the Garrard Co. Extension Office

Next meeting:
 February 22nd at 4pm
 Topic: Spring Garden Planning

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FRIENDLY FIBERS GROUP MEETS EVERY 4TH MONDAY AT 1:30 AT THE OFFICE. JOIN ANYTIME IF YOU LIKE KNITTING, CROCHET, OR OTHER TYPE OF NEEDLEWORK!

 Cooperative Extension Service

QUILT-AS-YOU-GO POTHOLDERS

Cost: \$7

FRIDAY, FEBRUARY 9, 10AM-3PM
Call to RSVP: 859-792-3026

Healthy heart month is the perfect time to learn the basics of quilt-as-you-go technique as you create two heart-shaped potholders! For the quilt-as-you-go project, you can use scraps or choose five coordinated fabrics that match your color scheme.



Participants need to bring working sewing machine, foot control, instruction book, sewing supplies to include pins, pin cushion, sewing gauge, fabric shears, thread snips, neutral color thread, and seam ripper.
 For project bring fabric for five 2-inch strips WOF (width of fabric). Fabric should be 100% woven cotton fabric. All other supplies will be provided.

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POUCHES AND PURSES

Cost: \$10

FRIDAY, FEBRUARY 16, 10AM-3PM
Call to RSVP: 859-792-3026

We're making pouches! Come create a zippered lined small bag and a snap-top small bag. Two techniques for making different size bags for many uses. These projects can easily be for gifts or matching travel mates to use yourself!



Participants need to bring working sewing machine, foot control, instruction book, sewing supplies to include pins, pin cushion, sewing gauge, fabric shears, thread snips, neutral color thread, and seam ripper.
 For the projects bring 3 coordinated fat quarters or equivalent in 100% woven cotton fabric, one 12-inch zipper and matching thread. All other supplies will be provided.

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SEWING DOLL CLOTHES

Cost: \$12

FRIDAY, MARCH 8, 10AM-2PM
Call to RSVP: 859-792-3026

Favorite dolls need special outfits! Sewing small can be tedious, but with tips and tricks, it can also be lots of fun and very creative! This workshop is for sewing babydoll and 18-inch type doll clothes. Participants will be making a pinafore outfit and practice techniques for sewing 'small'. One benefit of sewing small; using scraps from favorite fabrics!



Participants need to bring working sewing machine, foot control, instruction book, sewing supplies to include pins, pin cushion, sewing gauge, fabric shears, thread snips, neutral color thread, and seam ripper.
 For the project bring 1/2 yard of 100% woven cotton fabric for pinafore and 1/3 yard of 100% woven cotton for matching top piece, the doll you want to sew for, and a tape measure. All other supplies will be provided.

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MAKE AN APRON

Cost: \$7

DAYTIME CLASS: FRIDAY, APRIL 19, 10AM
EVENING CLASS: THURSDAY AND FRIDAY, MAY 2 AND 3, 6PM

Call to RSVP: 859-792-3026

In this beginning sewing class participants will construct a perfect apron for summer grilling or holiday baking! Beginner sewists will learn about sewing straps, pockets, and small hems. Pattern will be furnished.



Participants need to bring working sewing machine, foot control, instruction book, sewing supplies to include pins, pin cushion, sewing gauge, fabric shears, thread snips, neutral color thread, and seam ripper.
 For the project bring 1 yard of decorator weight, heavy cotton fabric; i.e. ticking, denim, duck cloth, etc.; 1 yard of coordinating 100% cotton fabric for pocket, lining and/or straps; thread to match or coordinate.

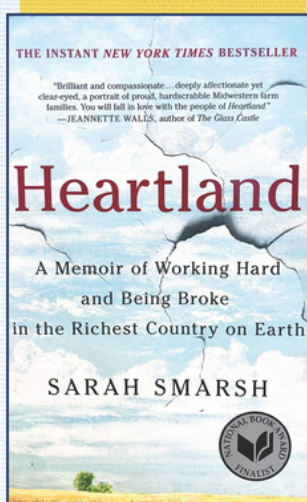
Last Month's Highlights



Cook Wild Garrard County was a great success again this year! Everyone pitched in to prepare some delicious wild game recipes, and our 4-H Youth Development Agent, Eric Comley, presented a lesson on native mammals of Kentucky.



BIG BLUE BOOK CLUB



Big Blue Book Club is back with *Heartland: A Memoir of Working Hard and Being Broke in the Richest Country* on Earth by Sarah Smarsh. This book is an eye-opening memoir about working-class poverty in America. Our discussions will help participants understand the impact that economic hardship and inequality have on our communities. *Heartland* is a descriptive and emotion-packed retelling of the author's and her family's intergenerational experience of America's wealth gap.

The first Big Blue Book Club series for 2024 will be **April 11, 18, and 25**. Each Thursday morning session will be presented via Zoom at 11 a.m. EDT. We will record the sessions, so if you aren't available during the day, you are welcome to participate via the recording.

Registration will open at 9 a.m. EST on Feb. 1 at <https://ukfcs.net/BBBC24book1>. The link will not be active until registration opens. The first 200 registered participants will receive a free copy of the book. Pick up your free book at your local Extension office after you receive notification that you are one of the book recipients.

WE ARE EXCITED TO READ WITH **YOU** THIS YEAR!

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STARTING IN MAY, WE ARE GOING TO BEGIN TRANSITIONING TO ELECTRONIC NEWSLETTERS. THIS MEANS MOST PEOPLE WILL RECEIVE YOUR NEWSLETTER BY EMAIL. PLEASE CALL AND MAKE SURE WE HAVE AN UPDATED EMAIL ADDRESS ON FILE FOR YOU. ALTERNATIVELY, IF YOU WOULD LIKE TO REMAIN ON THE PAPER MAILING LIST, PLEASE CALL AND LET US KNOW. PAPER COPIES WILL ALSO BE AVAILABLE TO PICK UP ANYTIME AT THE EXTENSION OFFICE. THANK YOU!

Homemaker Clubs and Meetings

Homemaker Council Meeting: February 12th at 6pm at the Extension Office

Countryside Club: February 15th
Call for meeting time and location if you're interested in joining!

Garrard Go-Getters Club: February 19th
Meets 5:30pm at the Extension Office.
Just show up if you're interested in joining!



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**GARRARD COUNTY
HOMEMAKERS
2024**

*Cultural Arts
Contest*

Show off your
creative talent by
entering the 2024
Cultural Arts
Contest! Open to
all Garrard
County
Homemakers!

Entry Time: March 18th, 8am-12pm
Pick Up Time: March 22nd, 8am-4:30pm

Blue Ribbon Winners will advance to the Fort Harrod Area Contest in April and compete against 7 other counties.

To view the list of categories and rules, visit:
<https://tinyurl.com/3x2ue8es> or scan the QR code. You may also stop by the office for a hard copy.



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Disability
accommodated
with prior notification.

2024-2025 Fort Harrod Area Extension Homemakers Lesson Ballot

Please check one:

Individual Ballot _____ Club Ballot, please name club _____

Please choose the **top 8** lessons you would like taught in the 2024-2025
Extension Homemaker year.

Return your ballot to your County Extension Office no later than April 30, 2024.

Scan the QR Code below
to fill out the survey via
the online survey option.



Elements and Principles of Art

Whether it is a drawing, painting, photograph, or even a scrapbook page, what makes this 2-Dimensional “work of art” visually pleasing? Why do we like what we see? The basic elements and principles of art and design influence how we perceive objects. This PowerPoint lesson encourages discussion while outlining concepts used to objectively evaluate a drawing, painting, or photograph. Participants will receive a handout with definitions. Curriculum materials also include a facilitator guide, PowerPoint slides, and an evaluation. This lesson is part of the Cultural Arts and Heritage Program of Work for 2022-2025.

Healthy Eating Around the World

We’ll take a trip around the globe to learn about dietary recommendations from other countries. Along the way, we’ll learn about new foods and ways of eating. As we arrive back in the U.S., we’ll reflect on what we learned and see how advice about a healthy diet is remarkably similar, no matter where on Earth we live. This lesson includes a facilitator guide, publication, training slides, leader lesson letter, activities, marketing pieces, and an evaluation. This lesson is part of the International Program of Work for 2022-2024.

Strong Bones for Life: Prevent Osteoporosis

Keeping bones healthy and strong is important throughout the lifespan. Without proper nutrition, exercise, and even sunshine, the risk for osteoporosis increases. Osteoporosis is a bone disease that causes bones to become weak and more susceptible to breaks. This KEHA lesson will examine risk factors and lifestyle behaviors to help stop bone loss and rebuild bone to prevent breaks. It is never too early or too late to make bone health a priority. This lesson includes a facilitator guide, publication, training slides, mailbox club member materials, activities, marketing pieces and an evaluation.

KEHA Plays Pickleball

In general, sports are good for physical and mental health. Yet to some, sports are intimidating. Pickleball is America’s fastest growing sport that all ages and skill levels can play. It is a cross between ping-pong, badminton, and tennis. It is easy to learn, fun play, and fun to say! Using paddles and lightweight balls, the open play format allows for both social and physical activity. This lesson will highlight the health benefits associated with the sport and teach KEHA members how to play. This lesson includes a facilitator guide, publication, training slides, mailbox club member materials, activities, marketing pieces, and an evaluation.

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Understanding and Preventing Suicide

The thought of someone taking their own life is difficult to think about much less talk about. This is because the loss of someone in our family or community to suicide affects us, leaving us with questions or feelings of powerlessness. This lesson will focus on understanding some of the causes of suicide, the risk of suicide in farmers and rural communities, and how to recognize the warning signs for suicide. Additionally, the lesson will cover key tips on how to prevent suicide and what to do if someone you know is struggling with thoughts of suicide.

Mindful Eating

It is easy to finish a meal and not remember what or how much was eaten. Taking care to focus on our senses as we eat can lead to a more satisfying experience. This lesson covers differences in mindless and mindful eating and tips for being more present when you eat. The lesson goal is to add mindful eating strategies into daily routines. Lesson materials include a publication, facilitator guide, leader lesson letter, flyer, PowerPoint presentation, evaluation tool, mindful eating exercise, and three other activity options.

Move Your Way: Exercise for Everyone

As we grow older, our bodies age with us. Healthy lifestyle habits, like regular exercise, can slow the aging process. This lesson focuses on non-impact exercises, specifically seated movements, to help improve balance, posture, muscular strength, and ability to perform daily living activities that you can do from the safety of your own chair. Studies suggest that adding exercise to your daily routine will improve joint health, physical function, and emotional well-being.

People Learn with a Purpose: Understanding Learning Styles

Understanding why and how you – or your learners, if you are leading a group – learn best is the key to a positive learning experience. Lesson materials include a publication, facilitator guide, and evaluation.

Communication Essentials for Good Impressions

Let's learn more about non-verbal communication (body language) and the roles speaking and active listening play in communication. Lesson materials include a publication, facilitator guide, and evaluation.

Handy to Have: Emergency Health Information Cards

An Emergency Health Information (EHI) Card can be a helpful tool to have. If you are ever in an emergency where you need immediate medical treatment, but are not able to communicate with first responders, an EHI Card can tell medical providers important information about how to help you. This lesson focuses on who can benefit from carrying an EHI card, information that should, and should not be included on an EHI Card, and where to put copies of an EHI Card. Curriculum materials include EHI Card template, participant handout, facilitator guide, PowerPoint slides, and evaluation. This lesson is part of the Management & Safety Program of Work for 2023-2026.

Understanding Your Credit Score

Does one number define you? Find out about the meaning behind credit scores, what makes a good one, and how you can improve yours. Materials include an informational handout, podcast, facilitator guide, optional PowerPoint slides, evaluation, and marketing tools.

A Bad Deal in Disguise: Types of Scams

Fraud can happen to anyone at any age. Learn how to avoid being a victim by recognizing common scams. Curriculum materials include publication, facilitator guide, PowerPoint slides, participant activities, marketing tools, and evaluation.

February 2024

Sun

Mon

Tue

Wed

Thu

Fri

Sat

4	5	6 Lunch & Learn 12pm and 6pm Yoga 7pm	7	8 Yoga 9am	9 Winter Sewing Session: Potholders 10am	10
11	12 Homemaker Council 6pm	13 Yoga 7pm	14 Happy Valentine's Day!	15 Yoga 9am Countryside Club	16 Winter Sewing Session: Purses and Pouches 6pm	17
18	19 Go-Getters Club 5:30pm	20 Yoga 7pm	21	22 Yoga 9am Garrard's Gardeners 4pm	23	24
25	26 Friendly Fibers 1:30pm	27 Yoga 7pm	28	29 Yoga 9am		