



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

Cooperative Extension Service  
Garrard County  
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Lancaster, KY 40444  
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extension.ca.uky.edu/garrard

# JANUARY

## 2023

### Garrard County Family and Consumer Sciences Newsletter

Hello Everyone, and Happy New Year!

What an exciting time! January is always a chance to start fresh, try new things, and look forward to what lies ahead. As we enter this new year, let's focus on making SMART goals for ourselves. I'll explain more about those later on. Be sure to mark your calendars for the events we have coming up, and keep sharing your ideas with me for programming. I may not have it on the schedule yet, but that doesn't mean it will not happen in the coming months. Thank you to everyone for the continued support, not only to the FCS program, but to our whole Extension Office. We have been having some great turn-outs to programs, and I hope that can continue. Please reach out if I can ever be of service. Let's work together to make 2023 a wonderful year!

Sincerely,

Kayla Lunsford, FCS Agent



CHECK US OUT ON  
SOCIAL MEDIA!



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



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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

# Homemaker Happenings and Office Events



## HOMEMADE FOR THE HOLIDAYS

WE HAD A GREAT TURN-OUT FOR OUR HOLIDAY PROGRAM! WE ATE, MADE "GIFTS IN A JAR", AND SHARED BUDGETING TIPS! ALSO, THANKS TO OUR HOMEMAKERS AND PARTICIPANTS, WE RAISED \$504 TO SEND TO FLOOD VICTIMS IN BREHITT CO. KY!

## KENTUCKY EXTENSION HOMEMAKER ASSOCIATION

THE KEHA STATE MEETING IS PLANNED FOR MAY 9-11, 2023 IN LOUISVILLE. ALL HOMEMAKERS ARE WELCOME TO APPLY! PRICING AND ACTIVITY INFORMATION ARE INCLUDED ON THE ATTACHED FLIER. MORE DETAILED INFORMATION WILL BE SENT OUT CLOSER TO THE MEETING TIME.

## WELCOME NEW HOMEMAKERS!

I'M SO HAPPY TO SEE THE RECENT INFLUX OF NEW HOMEMAKER MEMBERS! IF YOU'RE INTERESTED IN FORMING A NEW CLUB OR JUST WANT TO KNOW MORE ABOUT HOMEMAKERS, MARK YOUR CALENDAR FOR FEBRUARY 13TH AT 6:30PM! THIS WILL BE AN INFORMATIONAL, FUN, GET-TO-KNOW-YOU EVENT. GRAB A FRIEND AND COME ON OUT!

## Dates to Remember!

JANUARY

1

**January 3**-Lunch & Learn

**January 19**-Countryside Homemaker Auction (for more info, call the office)

**January 18, 20, 25, 27**- Bingocize

**January 23**- Friendly Fibers (call if you would like to join or need info)

**January 30**- Intuitive Eating Lesson

**February 7**-Lunch & Learn

**February 9**- Cook Wild Program

**February 13**- New Homemaker Reception

# Welcome





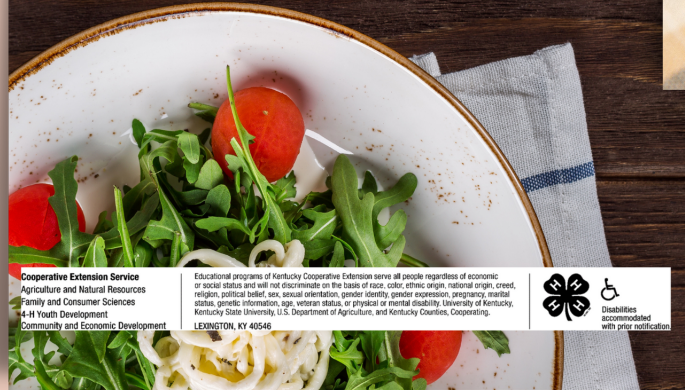
University of Kentucky  
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# LUNCH & LEARN

FREE MONTHLY COOKING CLASS

FIRST TUESDAY OF THE MONTH  
BEGINNING IN JANUARY, 2023  
12PM & 6PM - COME TO WHICHEVER CLASS  
FITS YOUR SCHEDULE!

GARRARD COUNTY EXTENSION OFFICE  
CALL TO REGISTER 859-792-3026



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**SLOW COOKER SMOKY BLACK-EYED PEAS WILL BE THE RECIPE FOR LUNCH & LEARN THIS MONTH!**



# LET'S PLAY



## Fun, Free and Healthy!

Starting January 18th! Sessions will take place on Wednesdays and Fridays at 1pm and will go for 20 sessions!

We will be playing bingo and doing physical activity! You will have chances to win prizes at each session!

To register, call the Garrard County Extension Office 859-792-3026



COOK

# WILD

## Garrard County



GARRARD COUNTY EXTENSION OFFICE  
FEBRUARY 9TH @ 6:30PM

LEARN TO PROCESS WILD GAME AND CREATE DELICIOUS RECIPES  
DINNER WILL BE PROVIDED  
PLEASE CALL TO REGISTER 859-792-3026

SPECIAL GUEST SPEAKERS INCLUDE DR. GREGG RENTFROW FROM THE UNIVERSITY OF KENTUCKY AND GARRARD COUNTY'S OWN DAVID YODER



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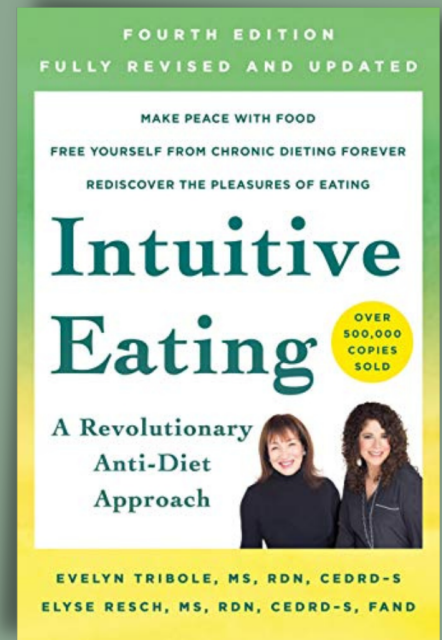
**BINGOCIZE BEGINS THIS MONTH!  
COME READY TO HAVE FUN EVERY  
WEDNESDAY AND FRIDAY OF THE  
WEEK! PRIZES WILL BE GIVEN TO  
THOSE WHO ATTEND ALL 20  
SESSIONS!**



## INTUITIVE EATING

GARRARD COUNTY EXTENSION OFFICE  
JANUARY 30TH AT 10 A.M.  
TAUGHT BY KARLI GILES, JESSAMINE CO. FCS  
AGENT

INTUITIVE EATING CAN HELP YOU IMPROVE YOUR RELATIONSHIP WITH FOOD. IT IS A WAY TO LIBERATE YOURSELF FROM THE GUILT, SHAME AND ANXIETY CREATED BY TOXIC DIET CULTURE. THIS LESSON WILL TEACH THE SCIENCE-BACKED METHOD OF INTUITIVE EATING, WHICH EMPOWERS YOU TO RECOGNIZE AND TRUST YOUR BODY SO YOU CAN MEET YOUR TRUE NEEDS.



**AFTER THE HOLIDAYS HAVE COME AND GONE, MANY OF US FEEL LIKE WE NEED TO MAKE HEALTH AND PHYSICAL ACTIVITY A PRIORITY IN OUR LIVES AGAIN. OFTEN, WE MAKE FAR-FETCHED GOALS THAT END UP BEING IMPRACTICAL TO ACHIEVE OR MAINTAIN. IN FACT, 80% OF PEOPLE FAIL TO KEEP THEIR NEW YEAR'S RESOLUTION. TO HELP ACHIEVE YOUR NEW GOAL, THE BEST THING TO DO IS TO START WITH A SMART PLAN. USING A SMART PLAN ALLOWS YOU TO BREAK DOWN YOUR GOAL INTO SMALLER ATTAINABLE PARTS SO THAT IT IS NOT AS OVERWHELMING. SMART STANDS FOR:**



- **SPECIFIC:** DESCRIBE IN DETAIL WHAT ACTION YOU WANT TO ACHIEVE.
- **MEASURABLE:** HOW OFTEN WILL YOU DO THE GOAL, OR HOW WILL YOU KNOW WHEN THE GOAL IS ACCOMPLISHED?
- **ACHIEVABLE:** WHAT RESOURCES DO YOU NEED TO MAKE THIS GOAL A SUCCESS?
- **REALISTIC:** MAKING SURE YOUR GOAL IS SOMETHING THAT YOU WANT TO ACHIEVE AND NOT SOMETHING OTHERS WANT FOR YOU. ARE YOU THE RIGHT PERSON TO REACH THIS GOAL?
- **TIMELY:** IDENTIFY A TIME FRAME IN WHICH YOUR GOAL WILL BE COMPLETED.



# Input Needed!

## GARRARD COUNTY COUNTY 2023-2024 LEADER TRAINING IDEAS

**YOUR SUGGESTIONS ARE VITAL TO DEVELOPING A BALLOT THAT BEST REFLECTS YOUR NEEDS. PLEASE HELP US BY PROVIDING YOUR THOUGHTS FOR YOUR UPCOMING LEADER TRAININGS. YOUR SUGGESTIONS WILL BE COMPILED FOR COUNTIES IN THE FORT HARROD AREA AND WILL BE USED AS THE BASIS FOR THE UPCOMING LEADER TRAINING BALLOT. PLEASE FILL IN YOUR GREAT IDEAS AND RETURN TO THE EXTENSION BY FEBRUARY 1ST.**



HOUSING



FOOD AND NUTRITION



CLOTHING



HEALTH AND WELLNESS



FAMILY LIFE



OTHER

## Protect Your Family from Radon

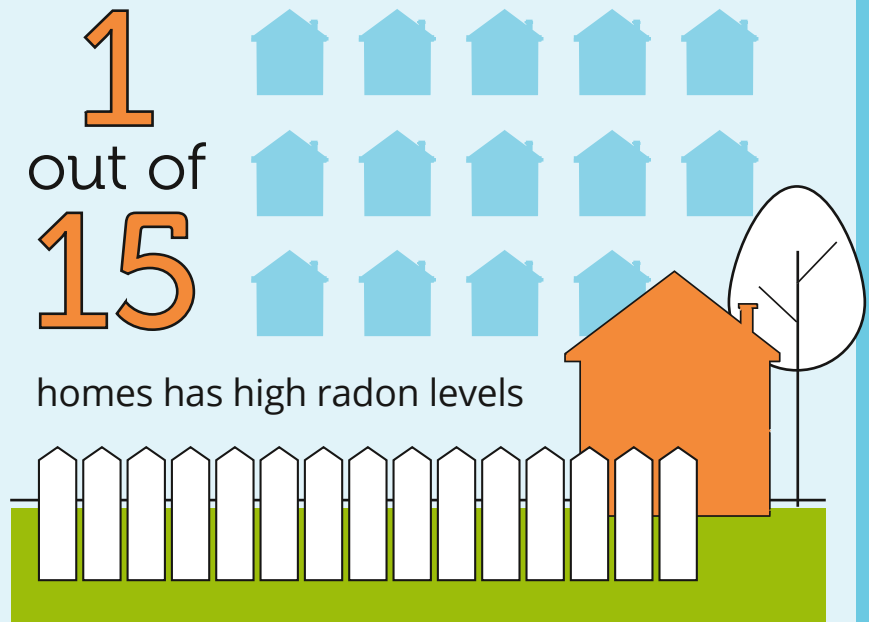
Radon is a gas that you can't see, smell, or taste — but it can be dangerous. It's the second leading cause of lung cancer.



Radon is in the ground naturally. But sometimes it gets into homes through cracks in the floors or walls.

1  
out of  
15

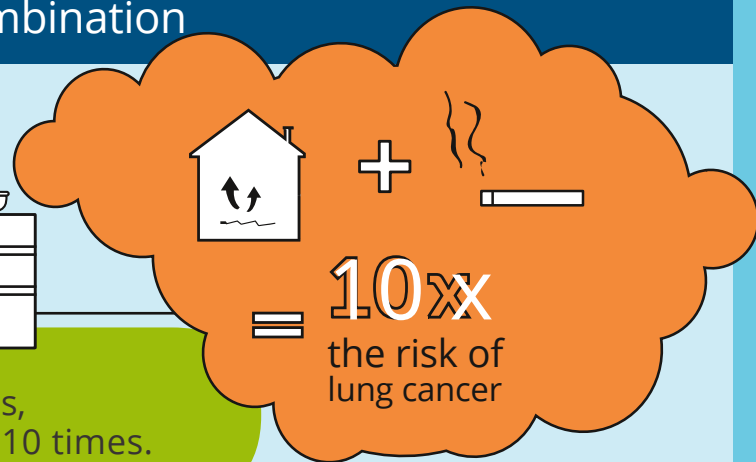
homes has high radon levels



## Radon and Smoking: A Dangerous Combination



If you live in a home with high radon levels, smoking raises your risk of lung cancer by 10 times.



## Take the First Step

There's good news — you can protect your family by testing your home for radon.

Learn more by calling the  
National Radon Hotline:  
**1-800-SOS-RADON**

1-800-767-7236



Centers for Disease  
Control and Prevention  
National Center for  
Environmental Health



## 2023 KEHA State Meeting

May 9-11, 2023

Crowne Plaza

Louisville, KY

<https://keha.ca.uky.edu/content/state-meeting-information>



We are planning an exciting state meeting with all the features you know and love! Because of rising prices, we have had to change the pricing structure. We are keeping prices as low as we can to make sure you get the most bang for your buck! Below is a sneak peek at the new pricing structure and all the features it will include. Look for full details and registration information coming this February in your state newsletter!

	Early-Bird Rate (By 4/10/22)	Late Registration (By 4/24/22)
Full Conference Registration	\$140	\$175
2-Day Conference Registration	\$120	\$140

### Full Conference Registration Includes:

- Everything!
- Two meals – Tuesday opening luncheon banquet (New!) and Thursday awards luncheon
- All three days of conference activities\*
- Opportunities to register for learning seminars covering a wide variety of interesting topics
- Opportunities to register for hands-on creative classes
- Cultural Arts viewing
- Quilt square viewing and auction
- Trade show vendors and KEHA merchandise store
- Basket raffle and silent auction
- Homemaker showcase
- Business meeting
- Wednesday night choir performance
- Thursday officer trainings and educational chairman workshops – all are welcome to attend. Learn what it means to lead!

### 2-Day Conference Registration Includes:

- Tuesday/Wednesday registration OR Wednesday/Thursday registration
- One meal (either opening luncheon banquet (New!) or closing awards lunch
- 2 days of conference activities\*
- Opportunities to register for learning sessions and hands-on creative classes as available on the days you select

\* NOTE: All sessions and classes require advanced registration and are subject to availability. Registration is first-come, first-served with payment. Hands-On Creative Classes and paid sessions *may* include an additional charge.

**LEARNING, LEADING,  
SERVING  
THAT'S WHAT EXTENSION  
HOMEMAKERS IS ALL ABOUT**

You'll have a great opportunity to develop friendships, have fun and enjoy new experiences...

For some, Extension Homemakers is a chance to gain information to benefit themselves and their families. For others, it's a way to become involved with a group that cares about you and the community and wants to help make it even better. Many Homemakers will find opportunities to become leaders and to strengthen leadership skills.

As an Extension Homemaker you will receive research-based information that will help you learn more about:

- nutrition & foods
- family resource management
- clothing & textiles
- energy, housing & home furnishings
- family life
- cultural arts
- health & safety

In addition, you'll learn about community issues and concerns.

\*\*\*\*\*

**Membership** .....

is open to any person regardless of race, color, sex, age, religion, disability or national origin.

**CLUB MEMBERSHIP**

You may want to join an existing club or organize a new club in your community. Local clubs have monthly meetings. Each month, clubs have a program of interest for their members.

Club membership allows many opportunities for developing leadership skills, volunteering for community service, and making new friends.

**Mailbox Membership**

If your schedule does not allow time for you to become a club member, join as a mailbox member. You will receive 10 monthly newsletters, monthly educational materials, and the opportunity to participate in upcoming seminars and events.



[www.facebook.com/  
GarrardCountyFCS](http://www.facebook.com/GarrardCountyFCS)

Yes, I want to join the Garrard County Extension Homemaker Association.

NAME: \_\_\_\_\_  
PHONE: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_  
STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_  
e-mail: \_\_\_\_\_

I am interested in (Please check one):

Starting a New Club

Joining an existing club

- Countryside
- Chatterbox
- Mailbox Member

Cost is \$7:00 per year includes our monthly newsletter and lesson materials.

Please make your check payable to "Garrard County Homemakers"  
Send check and form to:

Garrard County Extension Office  
1302 Stanford Rd  
Lancaster, KY 40444