

Hello Everyone!

The busy days of summer are in full swing. I hope you're all having a fun time and staying safe in this heat. Don't forget that the County Fair is July 9th through 13th. If you'd like to enter exhibits and have the chance to earn some ribbons and premiums, don't miss out. Entry days are June 8th and June 9th from 9am until noon. Bring your items out to the fairgrounds, and we will help you enter them. A complete list of rules and categories can be found on our website, or you can stop by the office to pick up a printed copy. Check out our upcoming events at the Garrard County Extension Office. Hope to see many of you around soon! Happy Summer!

Kayla Junsford

### **County Extension Agent for Family and Consumer Sciences**



CHECK US OUT ON SOCIAL MEDIA!

HTTPS://WWW. FACEBOOK.COM/ GARRARDCOUNTY FCS



MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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# Upcoming Events

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!** 



### **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!



Martin-Gatton College of Agricultu Food and Environme

# **LUNCH AND LEARN** FREE MONTHLY COOKING CLASS



### **JULY 2ND 12PM OR 6PM**

GARRARD COUNTY EXTENSION OFFICE 1302 STANFORD

**PLEASE CALL TO REGISTER:** 859-792-3026

### Take your taste buds on a trip!

We will still be cooking through the UK Food and Nutrition calendar as usual, but now we will also explore the cuisine and culture of a new country each month. Grab a friend and join us!

COUNTRY OF THE **MONTH: MOROCCO RECIPE: OUICK** COUSCOUS SALAD



### FCS MFFTS THE FARMER'S MARKET! MONDAY, JULY 8TH, 3-6PM!

I WILL BE SET UP AT THE GARRARD COUNTY FARMER'S MARKET THE 2ND MONDAY OF EVERY MONTH! COME OUT. GRAB SOME GREAT PRODUCE AND SAY HI! I WILL BE GIVING OUT SAMPLES, PROMOTING EXTENSION AND MEETING WITH THE COMMUNITY!



GARRARD COUNTY FAIR

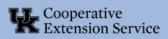
# **FCS OPEN CLASS**

RULES AND CATEGORIES NOW AVAILABLE! ANY GARRARD COUNTY RESIDENT MAY ENTER.

**CALL THE GARRARD COUNTY EXTENSION** OFFICE FOR MORE INFORMATION ON HOW TO ENTER! 859-792-3026

**ENTER FOR A CHANCE TO WIN RIBBONS** AND PRIZE MONEY! CATEGORIES INCLUDE PHOTOGRAPHY, NEEDLECRAFTS, **CANNING, FLOWERS. ART AND MORE!** 





# FIRST AID/ EMERGENCY PREPAREDNESS NIGHT

Garrard County Extension Office Monday, July 15th at 6pm

FREE AND OPEN TO THE PUBLIC!



We will have a guest speaker from Emergency Management, and we will be creating our own first aid kits.

Hosted by the Garrard Go-Getters Homemaker Club

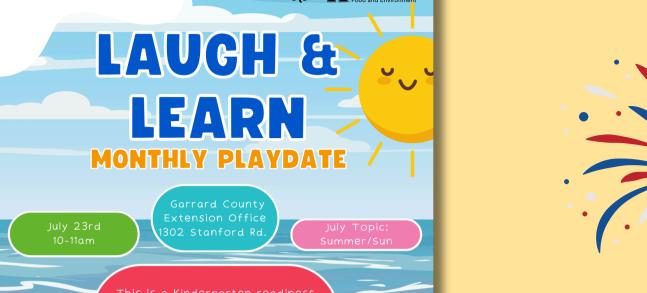
IARTIN-GATTON COLLEGE OF AGRICULTURE. FOOD AND ENVIRONMENT



Cooperative Extension Service

Artisans and Crafters have cleared out those dark cubbies, closets and cabinets in their studios,craftrooms and everywhere to swap, buy and sell gently used supplies, new craft/art items too. You might find something that you can actually use,need or want! Free Admission - Admission Donation Accepted Silent Auction Raffles Proceeds will benefit KEHA local education programs and activities and the Kentucky Foster Care System 1302 Stanford Rd.,Lancaster 859.792.3026





Martin-Gatton

This is a Kindergarten readiness program for ages 2-5. Each session will include story time, snacks, crafts, and activities that will engage your little one and provide developmentally supportive play to help prepare them for school! Parents or guardians must be present at all Laugh and Learn playdates!

Please call to RSVP: 859-792-302

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMEN'

Cooperative Extension Service



DINING DIABETES

NATIONAL EXTENSION WORKING GROUP

LEARN THE BASICS ABOUT DIABETES.

MAKE HEALTHIER VERSIONS OF FAMILIAR FOODS.

LEARN NEW COOKING TECHNIQUES.

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SAMPLE HEALTHY RECIPES.

Aug. 1st, 15th, 29th, and Sept. 12th

Garrard County Extension Office Please call the Garrard County Extension Office to register for this 4 part series. 859-792-3026

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 discrimination on the basis of next coord, enthic origin, tantibal artigin, create religion, political belief, see, secural orientation, ender identify, gender expression, pregnano, marital status, penetic information, age, version status, or physical or mental disability, liversity of Kentucky Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating, LEXINGTIN, KY 405-64



University of Kentucky College of Agriculture, Food and Environment

# Homemaker Happenings

### Upcoming Dates

July 1st: Volunteer Hours Due (Can be turned into the Extension Office or your club president)

> Countryside Club: No July meeting

July 15th: First Aid and Emergency Preparedness Program at 6pm (Sponsored by Go-Getters)

July 29th: Homemaker Council Meeting at 6pm and Annual Meeting Planning at 4pm

# Fort Harrod Area Homemaker's Day Out Maysville

# September 13

Meet at the National Underground Railroad Museum at 10:30am

- National Underground Railroad Museum
- Lunch at Tumbleweed Mexican Restaurant
- Kentucky Gateway Museum Center with world-class miniatures and the Old Pogue Experience
- River murals at the end of the day. View at your own pace as you leave town



Cost is \$5 for the Railroad Museum (cash only) and \$10 for the Gateway Museum. You'll also pay for your lunch & anything you purchase. Call your county office to RSVP by September 6.

Railroad Museum 38 West 4th Street

National Underground

Tumbleweed 511 Market Square Drive Gateway Museum Center 215 Sutton Street



Fort Harrod Area

Officer & Chairperson Training

FREE TRAINING WITH LUNCH PROVIDED

Join the Fort Harrod Area FCS Extension Agents for this areawide training! Leave the day feeling equipped to lead your county and energized for the upcoming Homemaker year!

Topics discussed will include membership, recruitment, service projects, parliamentary procedure, and more!

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Mercer County Extension Office 1007 Lexington Rd, Harrodsburg, KY 40330

Please register by August 13th by calling 859-734-4378 GARRARD COUNTY ANNUAL HOMEMAKERS MEETING

SAVE THE DATE September 27, 2024

HOMEMAKER VOLUNTEER HOURS ARE NOW DUE. PLEASE USE THE FOLLOWING PAGE TO TALLY UP YOUR NUMBERS FOR THE YEAR. IF YOU NEED ADDITIONAL COPIES, STOP BY THE OFFICE. PLEASE TURN IN ASAP. THANK YOU!

Appendix 18 June 2023

within the past KEHA year (July 1 – June 30). Logs are due to the county Leadership Chairman or designated contact by July 1. by KEHA members. Community = Service to other entities/organizations in the community (not Extension or KEHA projects). Personal = Unpaid service to Categories: Extension = Volunteer service for projects or programs directed by an Extension Agent. KEHA = Volunteer hours for projects initiated and led family, friends, and neighbors. See KEHA Handbook pages 89-90 for complete category descriptions. Report all hours earned

Name:	Address:				20
County:	Phone:	Email:			e .
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		н	urs (report in ap	Hours (report in appropriate category)	γ)
Date	Activity/Job Performed	Extension	KEHA	Community	Personal
	TOTALS				

# Volunteer Service Unit (VSU) Log (copy as needed)

		Ju	July 202	)24		
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Homemaker Volunteer Hours Due	2 Lunch & Learn 12pm and 6pm	ಲು	<b>4</b> Office closed for 4th of July	С <sup>л</sup>	6
7	8 County Fair Exhibit Check-In 9am-12pm	9 County Fair Exhibit Check-In 9am-12pm County Fair	10 County Fair	11 County Fair	12 County Fair	<b>13</b> County Fair
14	<b>15</b> Go-Getters First Aid Event 6pm	16	17	18	19	20
21	22Bingocize 10am Friendly Fibers 1:30pm	23 Laugh and Learn 10am	24 Bingocize 10am	25 Garden Chub 4pm	26	27 Arts & Crafts Swap 9am-2pm
28	29 Bingocize 10am Planning Meeting and Homemaker Council 4pm and 6pm	30	31 Bingocize 10am			