



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

Lincoln County Extension Homemakers

November 2022

NEWSLETTER

Cooperative Extension Service
Lincoln County
104 Meter Trail
Stanford, KY 4084
606-365-2447

Welcome All New Extension Homemaker Members!!!

We are so glad you joined our association. I am sure you will find plenty of opportunities to be involved—leader trainings, the quarter auction, council meetings, and so much more. If you paid your 2022 membership dues, please make sure you pick up your grocery bag with some items from the Lincoln County Extension Office. Club Presidents: You may pick up enough for all your paid club members at your next club meeting. Please make sure to pay your dues by December 1st to our county treasurer, Kathy Diaz, if you have not already done so.

I am so fortunate to work with all of you. You make life fun and enjoyable! I appreciate so much all that you do for everyone—our families, our association, and our communities. You are truly making a difference in the lives of others! I appreciate you so much! It is truly a pleasure to know and to work with you. Please continue the good work to strengthen our families and communities. As always, please let me know how I can help.

Sincerely,

Rita Stewart

County Extension Agent for Family and Consumer Sciences



<https://www.facebook.com/lincolncountyky/>



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facebook

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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



QUARTER AUCTION



Date: Tuesday, November 15, 2022

Time: 10:00 a.m.

Place: Lincoln County Extension Office

Coming Soon to an Extension Office Near You –

QUARTER AUCTION

What Is This You Ask?.....These are the steps you need to take to prepare for the Quarter Auction:

Mark your calendar with the date and time -- **Tuesday, November 15, 2022 at 10 a.m. at the Lincoln County Extension Office.**

Call the Lincoln County Extension Office and register to attend. Pre-registration is requested, not required. You can still attend if your calendar changes at the last minute. **606-365-2447**

If you have anything you would like to donate for the auction, please bring it to the Extension Office on Monday, November 14 at 2:00 p.m. If you have questions, please ask us when you call.

Call and invite your family and friends to participate. We need items and people to come and bid on those items. This quarter auction is open to everyone.

On the day of the quarter auction, arrive at the Lincoln County Extension Office before 10 a.m. so that you have time to look over the auction items.

Once you arrive at the **QUARTER AUCTION**, these are the steps you will take:

Step #1: **Each person coming to the quarter auction MUST buy at least one bidding paddle. This is not an option. Bidding paddles cost \$5.00 each.** You must buy at least one paddle and you may decide to buy more paddles. You may buy as many paddles as you want.

Step #2: **Each person MUST convert some amount of money into quarters.** You choose the amount of money you want to convert into quarters. Let's say you have \$10 that you want to use for the auction items. You would give our county Extension Homemakers treasurer your \$10 and she will give you \$10 worth of quarters. You can always convert additional money later, if needed, during the auction. (Your converting money for use at the auction helps us with our record keeping for the auction. You cannot use your own quarters.) Now, you are ready for the quarter auction.

Step #3: Once the quarter auction starts, the auctioneer (Rita Stewart) will announce an item and how many quarters it is to bid on that specific item. Most items will be a quarter or two quarter bid. A really large, super nice item would be more quarters to bid.

Step #4: **If you want to bid on that specific item just announced, you would put the required number of quarters in the container for each paddle that you want to use to bid on that item.** You decide which paddle(s) you want to use for bidding on that specific item. Once you put those quarters into the container, you have given those quarters to the Lincoln County Extension Homemakers Association and they stay in the container whether you win the item or not. You then hold up your bidding paddle(s).

Step #5: The auctioneer will spin a special wheel and a number will be randomly selected. **IF the person with that number has bid on the item and that person is holding up their paddle with that number on it, then he/she will receive that item.** If the person with that number did not bid on that item, then another number will be selected and the process continues. **You have to bid by putting quarters into the container and holding your paddle up in order to be eligible to win an item—just having the number on your paddle is not enough.**

Step #6: That's it! That's how it works. We just continue in this process until the quarter auction ends and you have bid on and won some items that you really love.

Step #7: **Have fun and enjoy the auction!**





November 24 & 25
The Extension Office will be closed for the Thanksgiving holiday.



Council Meeting

Date: December 7, 2022

Time: 1:30 p.m.

Place: Lincoln County Extension Office

November Council Meeting for our Association will be held on Wednesday, December 7 due to the fact that our regular council meeting date will be on Thanksgiving Day. The council meeting will start at 1:30 p.m. and will meet at the Lincoln County Extension Office.



Fort Harrod Area Extension Homemakers Council Meeting

Date: November 29, 2022

Time: 9:30 a.m. registration/10 a.m. business meeting starts

Place: Boyle County Extension Office

While any member can attend, our county officers and area chairperson should especially attend and vote on area projects and learn about the upcoming KEHA State Meeting and our responsibilities while there. Members will be selecting a theme for the 2024 KEHA State Meeting which our area will be hosting. If you have ideas for a state meeting theme, please let us know before this area council meeting.

Waynesburg Nursing Home Project

At the October council meeting, members voted to do a project for the residents at the Waynesburg Nursing Home. **You are invited to donate some health and beauty aid items for the residents.** We especially need shampoo, conditioner, body wash, toothpaste, etc. Please bring larger size bottles, not the hotel, trial sized ones (they are too small). There are both male and female residents there. Although there will be a final date in December to have all items in to the Extension Office, you may start bringing items at your convenience. More details will be in your December newsletter.

Phyllis Patterson and Esther Bailey, our County Chairpersons for Family and Individual Development, will be taking the items to the residents in December.

Productivity and Procrastination

December 9th @ 10 a.m.

Lincoln County Extension Office

Taught by Carla Carter, Franklin Co. FCS Agent



Productivity in life and work leads to satisfaction and feelings of accomplishment. Procrastination can hinder productivity. Understanding your motivation to procrastinate can enhance productivity. During this lesson, you will identify reasons for procrastination, examine barriers to productivity, develop strategies to combat procrastination and increase productivity, and reframe productive procrastination as prioritization.

Please call to register if you plan to attend 606-365-2447

Yarn, Hook and Needles Group via Zoom

Date: Monday, November 7, 2022

Time: 5:00 p.m.



Join us as we learn to complete a crocheted block which can be used to complete a larger blanket or used alone as a dishcloth.

Our project will be block # 13 Bushy Stitch in the book *Easy to Crochet Pattern Stitches*. It's a great block and fun to make! There are no major stitches in this block—only chain stitches and double crochet stitches. If you need more information about the book, please let me know. You really don't need the book to follow along with us. However, if you have a copy, you will have access to this and more patterns. (We cannot copy the patterns since the book is copyrighted.) We do have a few books remaining at the Extension Office. If you are interested in getting one, just let us know.

You will need some yarn, either acrylic or cotton (nothing bulky please), a crochet hook appropriate for your yarn, and scissors. Please let me know if you have questions. If you would like to join this group and are not currently on my email list, please call the Lincoln County at 606-365-2447 and let us know.

Dementia Caregivers Support Group

Date: Monday, November 7, 2022

Time: 1:00 – 2:00 p.m.

Place: Lincoln County Extension Office

Diane Vance, Community Educator with the Alzheimer's Association, will lead the program on "Effective Communications".

Please see the included flyer for details. I hope that you can attend and learn from our time together at this support group meeting. This group meets monthly on the first Monday of each month at the Extension Office. We will have a speaker and then share tips on managing stress and other helpful hints for caring for someone with dementia.

Canning Class—Using the Electric Jam/Jelly Maker to Make Fresh Cranberry Sauce and Jelly

Date: November 10, 2022

Time: 10:00 a.m.

Place: Lincoln County Extension Office

This class will be a demonstration only with some tasting. Spaces are limited.

Please call today to register – 606-365-2447.



English Paper Piecing Class Series

It's not too late to join us! We started in October a class series teaching English Paper Piecing. Class members will meet on the fourth Monday evening of each month from 5:00 – 7:00 p.m. at the Lincoln County Extension Office. We still have kits available for \$38.50 each. The kits include all the necessary paper pieces, cutting templates, the pattern, and some fabric (not including the background fabric and the backing fabric). If you are interested in joining us and learning to do English Paper Piecing, please call us today and reserve a space.

Club Information:

Mountain Crafters Club Meeting: Will meet November 14th at 10 am at the Lincoln County Extension Office

Photography Special Interest Club Meeting: Members will meet on Thursday, November 10th. Please let Carole Shepherd know if you plan to participate.

Pieceful Hearts Special Interest Club Meeting: The Pieceful Hearts worked on Christmas tree skirts at the last meeting. All those who made one are asked to bring it to the next meeting.

They will meet Monday, Nov. 21 at 5:00 pm. Rhonda Williams will be teaching how to make a beautiful vintage look pincushion. She will bring all the materials to make an unstuffed cushion for a small fee of \$5.00. You will need to bring your machine, thread, and a rotary cutter. Bring a snack to share and join us!

Cuttin' Up Special Interest Club Meeting: Cuttin' Up Club met on November 1st, and we completed a fall 3D card. We will meet again on Tuesday, November 29th; we will make a few Christmas projects. You must **RSVP** for this meeting because we will have kits for purchased for each person attending; payment will need to be made that night to Michelle kits will be less than \$20. This meeting will be a little longer than usual we will start at 5 pm-8 pm. No meeting in December, and we will resume on January 3rd, 2023.

One Piece at a Time Special Interest Club Meeting: Will meet on Saturday, November 12th from 9 am-10 am. This will be the meeting to prepare us to start on the Chicken Salad Quilt in January. If you are interested in this project, please attend for all the needed information—no meeting in December.



CHRISTMAS TREE SKIRTS MADE BY PIECEFUL HEARTS MEMBERS LINDA CAUDILL, CONNIE PIGMAN, AND GAIL HOGUE IN OCTOBER'S MEETING



2022 Area Annual Meeting in Review



--Huge success

--Thanks to everyone who helped in any way and who attended the meeting! The meeting would not have been successful had it not been for YOU!!

--Planning Committee Members—Thank you so much! You worked so very hard on this event and it showed. You decorated the room so wonderfully and everyone enjoyed it so much. Thanks for all your hard work and dedication to this event.

--Thanks to the Lincoln County Cattleman's Association! That brisket was the BEST!!!! Thanks for the great meat and the smoking of the brisket and for serving the meal. We are so fortunate to work with the very best Cattleman's Association in the country. We could not have done it without you!

Here are some pictures of the 2022 Fort Harrod Area Extension Homemakers Association Annual Meeting hosted by you at the Lincoln County Extension Office last month:



Effective Communication Strategies

Communication is more than just talking and listening. It's also about sending and receiving messages through attitude, tone of voice, and body language.

As the disease progresses, individuals living with Alzheimer's or other dementias lose the ability to use words, but families can find new ways to connect.

Please join us for this **FREE** in-person educational program.

Monday, November 7, 2022
Lincoln Co Extension Office
104 Metker Trail
Stanford, KY 40484
1pm EST

For more information or to register by phone, call our 24/7 Helpline at 1-800-272-3900 or click [HERE](#).

