

# LINCOLN COUNTY EXTENSION HOMEMAKERS



## 2023 NEWSLETTER

I am very excited to be in my 5th month as the Family and Consumer Sciences Extension Agent in Lincoln County!!! I have enjoyed meeting, connecting, and networking with Homemakers, Community Members, and Leaders. I have analyzed community needs, available resources, attended trainings, and planned programs. The Homemaker Volunteer Kick-off was a GREAT Event!! This newsletter is filled with upcoming programs and community service opportunities that were showcased at our recruitment event. Homemaker Membership Opportunities are ongoing. Dues may be paid at your club meetings. You may also stop by the Extension Office to complete your Enrollment Form and pick up an envelope to mail your dues to our County Treasurer, Kathy Diaz. Please contact the Extension Office for questions and registration of programs and opportunities. Please spread the word and encourage others to join Homemakers and attend our upcoming programs.

Thank you,



Jody G. Paver  
 County Extension Agent for  
 Family and Consumer Sciences  
 Jody.Paver@uky.edu



### We want to hear from you.

- Thousands are helping us improve services and programs in our community.  
*Can you help too?*

- KY Resident?
- 18-Years Old?

10-minute survey at:  
[go.uky.edu/serveKY](http://go.uky.edu/serveKY)



Cooperative

### 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, 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



Cooperative Extension Service  
 Lincoln County  
 104 Meter Trail  
 Stanford, KY 4084  
 606-365-2447  
 lincoln.ca.uky.edu

### IN THIS ISSUE:

#### Page 2

- Homemakers Clubs
- Special Interest Groups

#### Page 3

- Club Dates
- Leader Trainings
- Save the Date

#### Page 4

- Club Flyers

#### Page 5

- Fort Harrod Area Annual Meeting Registration Form

#### Page 6

- Flyers

#### Page 7

- Frankfort Trip
- Bernheim Forest Trip
- Veterans Luncheon

#### Page 8

- Calendar

#### Page 9

- Homemaker Enrollment Form

Can you find the coffee drinking ghost?



facebook.com/FCSLincolnCo





**2023-24 Lincoln County Homemaker Fees are \$12.50**

Some of our clubs also have a small program fee to help pay for hands-on crafts and/or quilting supplies and club programs; if not listed below, please check with your clubs for an updated fee or if any.

**Daytime:**

- Four Corners – 2nd Wednesday of each month at 11 am
- Happy Heart Club – 4th Thursday at 10:00 am for an hour to 1 1/2 hours. We try to go eat together after our meeting. Presently, we have 15 members and would love to have more join us. Brenda Hammons is the current President. We have a fun year ahead with great ideas for some fun, food, projects, speakers, learning, and more. Must pay County Homemakers' Dues plus \$5.00 for Happy Heart dues.
- Mountain Crafters – 2nd Monday of each month at 10:00 am, they meet and make various crafts.
- OPI (Oil Painting Instruction) – 3rd Wednesday of the month 10:00 am - 4:00 pm If you love Bob Ross Style Painting and are serious about learning, this is the club for you! It has an upfront investment with purchasing Bob Ross Brand Paint Brushes, Bob Ross Oil Paints, and other needed supplies. To join the class, you must pay Lincoln Co Homemakers dues plus an OPI class fee of \$10.00. This is a great time filled with painting, fun, fellowship, and learning. The up-front supply requirements are costly, so this club is for serious painters only. You are welcome to stop by and visit the club meeting and talk to the members to see if you are interested in joining.
- Photo Club – 2nd Thursday of each month. We currently have 13 members. Barbara Beaney is the current President. We usually travel by van to designated places, usually leaving by 9:30 a.m. and returning by 4:00 p.m. Places are chosen for historical or informational reasons. Usually, no more than two hours travel. We learn, take pictures, eat, and will display our photos on FB and displays in the County and at Homemaker meetings and enter photos in County Fairs and Cultural Arts.
- Pieceful Hearts Quilting Club – 3rd Monday of each month at 1 pm. Various sewing projects.
- Sassy Stitchers Quilting Club – 3rd Friday of each month at 10 am. Various sewing projects.

**Evening and/or Weekend:**

- Cuttin' Up Club – 1st Thursday of the month from 5:30 pm-7:30 pm, learn how to use your vinyl cutting machine. We work on paper crafts, vinyl crafts, and so much more. Join us; even if you don't have a machine, we have an extra machine for others to use. Each month is something different, and kits will be ready to purchase each month. You must RSVP so we can make sure to have enough supplies. We try to keep kits as affordable as possible, but some crafts may cost extra.
- One Piece at a Time – 2nd Saturday of each month from 9 am-3 pm. We are a quilting/sewing group that works on various group projects and one large project each year.

**NEW Homemaker Club:**

- Brand NEW EVENING Club open to all – Focus will be determined by participants.

**Mailbox Member:**

- At Large County Members will receive educational materials by mail and are invited to ALL Homemaker programs, including Leader Trainings.



**Extension Homemakers Council Meeting**  
**Thursday, October 26th @ 1:30 pm at the Extension Office**

## September Club Dates

- 5th @ 5:30 pm - Cuttin' Up Special Interest Club
- 14th @ 9 am - One Piece at a Time Special Interest Club
- 9th @ 10 am - Mountain Crafters
- 11th @ 11 am - Four Corners
- 12th - Photography Special Interest Club - The club will leave the Lincoln Extension Office at 10am and head to Mt. Vernon to visit the Kentucky Music Hall of Fame.
- 20th @ 10 am - Sassy Stitchers Special Interest Club
- 16th @ 1 pm - Pieceful Hearts Special Interest Club
- 10th & 11th @ 10 am -- OPI Special Interest Club you need 2-3 canvases 16x20 and all your supplies. We will be able to leave our supplies overnight. Wear old clothes. If you have questions, call Brenda at 859-338-1533. Pen and ink participants may join us at this time if you'd like. This is the only paint class in October you can come for 1 or 2 days.
- 17th @ 8:30 am - 4:00 pm UFO (Unfinished Objects)
- 26th @ 10 am- Happy Hearts



So, what are UFO's?

UFO is an acronym for Un-Finished Objects, and you know there are a lot of them when we must find an abbreviated way of saying "sewing stuff that I haven't finished yet". UFO Days are days that we set aside at the office to have a room open for those who would like to bring a project and work on it anytime between 8:30 a.m. and 4:00 p.m.



## 2023-2024 Leader Trainings

**Homemaker Leader Training Watch parties – An educational lesson and handouts- overview and Q & A with Jody about the lesson. Please call the office if you plan to attend 606-365-2447.**

- **October 6th @ 10 am – Cast Iron Cooking – Kayla Gibson**
- **November 10th @ 10 am – Make-up tips and tricks - Tara Duty**
- **December - None**
- **January 5th @ 10 am – Transferring Cherished Possessions – Karli Giles**
- **February - None**
- **March 1st - We will have an Area Cooking School – Savor the Flavor – @ 10 am Boyle County Extension Office**
- **March 8th @ 10 am – Basic Technology Awareness - Carla Carter**
- **April 16th - We will have an Area First Aide and health awareness program as an Area at Franklin County Extension Office.**

**Vans sign-ups will be available for the March 1st Boyle County and April 16th Franklin County trainings. Please let the office know if you would like to ride on one or both of those days.**

### Save the date!

- **October 8th - 14th KEHA Homemaker Week!**
  - **October 10th** - Proclamation at Veterans Park Building @ 9 a.m.
  - **October 13th** – Area Bernheim Trip, as an Area, we are going to the Bernheim Arboretum Forest to see the Giants and have lunch. RSVP to the office and also reserve a spot if you'd like to ride in a van.
- **October 27th & 28th** - Heritage Skill Craft Camp will be at Boyle County Extension Office
- **October 31st** - Area Annual Meeting at Boyle County Extension Office. There will be a Halloween theme, and we are encouraged to dress up and enjoy the day! Registration information will come later. Call to reserve your spot on the van.
- **November 30th** - Homemaker AREA Council Meeting at Jessamine County Extension Office.
- **December 1st** - Ovarian Tea 1:00 - 3:00 pm
- **December 2nd** – Breakfast and Shopping with Santa
- **February 13th** – County Cookie Exchange (more info to come)
- **March 1st**- Area Cooking School @ Boyle CEO
- **March 16th** – Bunny Breakfast and Vendor Sale to benefit 4-H Programs
- **April 16th** – Area First Aide & Health Awareness @ Franklin CEO



CUTTIN' UP  
 OCTOBER 5, 2023  
 5:30 PM-7:30 PM

JOIN US TO LEARN HOW TO USE YOUR VINYL MACHINE TO MAKE FALL COFFEE MUG DESIGNS AND TRICK-OR-TREAT BAGS. PLEASE BE SURE TO RSVP! SUPPLIES FOR CRAFT KITS WILL BE AVAILABLE FOR PURCHASE.




Bee Vintage Notes


One Piece at a Time Club

Meeting Dates  
 September 9, 2023  
 October 14, 2023  
 November 11, 2023

Time: 9am-3pm

Let's Finish a Quilt

Chicken Salad  
 Ky Spirits  
 Or any project you are working to finish!




Cuttin Up Club  
 November 2, 2023  
 5:30pm

Lincoln County  
 Extension Office

Scrapbooking  
 Thanksgiving/Fall  
 Theme

Come learn how to use your vinyl-cutting machine to make a scrapbook page. Make sure to bring your machine, software to run your machine, essential tools, and machine mats.

Bring some photos to add to your scrapbook page.

Supplies will be available for a small fee to purchase for the class.





SEWING CAMP

Participants will:

- Learn how to use their Sewing Machine
- Sew a variety of stitches
- Read and use a pattern



We will be making Pajama Pants and a small Zipper Bag

In this class, you will learn the fundamentals of sewing and examine the basics of fabrics, patterns, and various sewing tools. Additionally, you will learn the functions of your sewing machine and its parts while constructing your own pajama bottoms. You will use cutting techniques, guide sheet reading skills, and a variety of seams and finishes to construct and enjoy your final product. This class is for the beginning level and you must attend all dates.

Paid registration required as spots are limited.

Sewing Camp Dates:  
 Tuesdays at 10am or 6pm

- November 7
- November 14
- November 21
- November 28
- December 5

# FORT HARROD AREA ANNUAL MEETING REGISTRATION FORM

October 31st, 10:00 a.m.  
Boyle County Extension

Registration starts at 9:30 a.m.

Program begins at 10:00 a.m.

Theme is "Bewitching." Costumes are optional.

There will be scary stories, a  
costume contest, and spooky  
treats. Lunch is provided.

Cost is \$10, please return with  
registration form below.

Checks made payable to:  
Boyle County Homemakers

**COST: \$10**

**REGISTRATION DEADLINE  
IS OCTOBER 17TH**

Name: \_\_\_\_\_ County: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

## Helpers Needed with Sewing and Sewing Machine Knowledge for Upcoming Sewing Camp.

Helpers will assist in helping participants:

- Learn how to use their Sewing Machine
- Sew a variety of stitches
- Read and use a pattern



We will be making Pajama Pants and a small Zipper Bag

**Helpers will have a Pajama Practice Day October 30  
beginning at 9am to prepare for the class.**

**You can help with as many of the scheduled classes as  
you care able.**

**Sewing Camp Dates:**

Tuesdays in November 10am and/or 6pm

- November 7
- November 14
- November 21
- November 28
- December 5

## GOOD-NIGHT BAGS

DONATIONS ACCEPTED AT THE  
LINCOLN COUNTY COOPERATIVE  
EXTENSION SERVICE, 104 METKER  
TRAIL, STANFORD, KY, 606-365-40484



### LOVE AND COMPASSION

- NIGHTS CAN BE A SCARY-  
TIME FOR CHILDREN
- EVEN SCARIER FOR  
CHILDREN IN  
VULNERABLE FAMILIES
- BAGS GIVE COMFORT AND  
ENABLE HEALING



### DONATIONS NEEDED

- Night Time Child friendly items
- Backpacks
- Pajamas
- Socks and underwear
- Nightlight
- A Snuggle Friend
- Book
- Distributed through DCBS and like Agencies



## Blankets Made with LOVE



Use your Skills to Create  
and Donate

Quilt, Crochet, Sew,  
Knit or Make a No-Sew  
Fleece Tie Blanket

Donations accepted at the  
Lincoln County Cooperative  
Extension for Lincoln County  
Families in Need



## Let's Fill the Lincoln County Community Food "Blessing Boxes"

DONATIONS OF NONPERISHABLE  
FOOD ITEMS CAN BE DROPPED  
OFF AT A LOCAL BLESSING BOX  
OR AT THE LINCOLN COUNTY  
EXTENSION OFFICE



# Join the Ft. Harrod Homemakers for a day in Frankfort



Tuesday  
October 17th

Starting at 11:00am

- The State Capitol
- Serafini's
- KY History Center
- Capital City Museum

RSVP with your local extension office by October 12, 2023

KENTUCKY COOPERATIVE EXTENSION



## FRANKFORT

Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Substantial 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 receipt of services for prior civil rights activity. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in languages other than English.



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

# BERNHEIM FOREST HOMEMAKER TRIP

FRIDAY, OCTOBER 13TH

The Fort Harrod Area Homemakers will be taking a trip to Bernheim Forest in celebration of KEHA Week! County groups will meet at Bernheim at noon, enjoy a picnic lunch, and then tour the area!

To sign up and to receive detailed information on transportation, departure times, and lunch choices, please contact your extension office. Be advised, there will be a lot of walking on this trip, so please plan accordingly. There is no cost to sign up.



Martin-Gatton College of Agriculture Food and Environment University of Kentucky



Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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

Substantial 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 receipt of services for prior civil rights activity. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in languages other than English.



Free Entry

## LINCOLN COUNTY HOMEMAKERS VETERANS APPRECIATION CHILI LUNCHEON

11:30 am  
November 3, 2023

Lincoln County Cooperative Service  
104 Metker Trail  
Stanford, KY 40484  
606-365-2447

## LINCOLN COUNTY HOMEMAKERS LUNCHEON PREP DAYS

THURSDAY, NOVEMBER 2  
9AM EXTENSION ROOM B  
MEAL PREPARATION  
AND COOKING DAY

FRIDAY, NOVEMBER 3  
8:30AM EXTENSION  
OFFICE SET-UP AND  
MEAL PREPARATION  
11:30 LUNCH SERVICE AND  
CLEAN-UP



# 2023 OCTOBER



Times and more information can be found on page 3

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5 Cuttin' Up	6 Leader Training Watch Party	7 One Piece at a Time
8 ★	9 Mountain Crafters Beekeepers	10 OPI Proclamation @9am Veterans Park Building	11 OPI Four Corners	12 Photography	13	14 ★
<b>★ EXTENSION ★ HOMEMAKERS ★ WEEK ★</b>						
15	16 Pieceful Hearts	17 UFO Day	18	19	20 Sassy Stitches	21
22	23	24	25	26 Happy Hearts Extension Homemakers Council Mtg	<b>HERITAGE CRAFT CAMP BOYLE COUNTY EXTENSION</b>	
29	30	31 Fort Harrod Area Annual Meeting Boyle CEO 				

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_





Mail enrollment and fee to:

Kathy Diaz 3060 KY Highway 198, Hustonville, KY 40437

Please make checks payable to: Lincoln County Homemakers

Date: \_\_\_\_\_

## Enrollment Form for

\_\_\_\_\_ County Extension Homemakers Association

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Name of Club \_\_\_\_\_

Phone: Home (\_\_\_\_) \_\_\_\_\_ Work (\_\_\_\_) \_\_\_\_\_

Cell (\_\_\_\_) \_\_\_\_\_ Fax (\_\_\_\_) \_\_\_\_\_

Birth year (*Optional*): \_\_\_\_\_

Race (*Optional – circle one*):      White      Black or African American  
   Asian/Pacific Islander      American Indian      Hawaiian      Other

Ethnicity (*Optional - circle one*):      Hispanic      Non-Hispanic

Gender (*Optional - circle one*):      Female      Male

Date joined: \_\_\_\_\_

I, (print full name) \_\_\_\_\_, being eighteen (18) years of age or over, hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_

The Kentucky Cooperative Extension Service is required by Federal law to collect and maintain information regarding the characteristics of the people we serve. The information you supply is voluntary.

*Educational programs of the Kentucky Cooperative Extension Service serve all people regardless 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.*