

AUGUST 2023

LINCOLN COUNTY EXTENSION HOMEMAKERS

I have some very exciting news!!! Lincoln County Extension Homemakers are celebrating 90 years in 2023!!! This is a huge accomplishment and a lot to be proud of! We will do several things throughout the year to commemorate this exciting accomplishment!

Please talk with your Club members and find out how many years each member has been in Homemakers and turn that into the Extension Office. If you are an "At Large" or "Mailbox" Member, please call or email the office and let us know how many years you have been a member. We want to make sure we are celebrating each of our members, clubs, and remembering those who have passed. If you have knowledge of someone who has recently passed away and they were once an active member, please email their information to Lincoln.ext@uky.edu or call and let us know this also.

Thank you so much for all of your help, encouragement, and input that you have given me over the past two months!! I am learning a lot about our Office, county, Homemakers, and community members. Thank you so much for your input, for filling out the surveys, coming to our planning classes, sending emails, phone calls, and talking to me about your thoughts, concerns, and desires for our county. I am compiling the data and aligning it with the different University of Kentucky's Cooperative Extension Family and Consumer Sciences Curriculum and will be planning programs based on this information.

As Extension Homemaker Members, you are a great asset to Extension, to your club, your county, our state, and our world. The many volunteer service hours that you perform and donate of your time and talents truly make a difference. Thank you for all that you do!

With many Thanks,



Jody G. Paver

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County Extension Agent for
Family and Consumer Sciences
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Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Cooperative Extension Service
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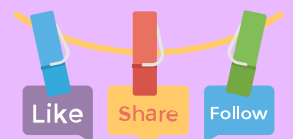
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- Recognizing Farm Stress

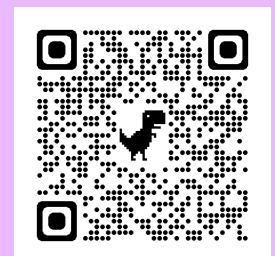
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- Calendar

Can you find the cat relaxing in the sun?



facebook.com/FCSLincolnCo



Salsa and Water Bath Canning Class – August 10th @ 10 am or 6 pm

- Great for food preservers at all levels! We will demonstrate and have hands-on learning.
- We will taste-test different canned salsa recipes and learn to use knife skills and handy gadgets as we make salsa.
- We will learn how to fill jars correctly and use the water bath canner.

* PLEASE CALL THE OFFICE TO REGISTER



Extension Homemaker Officer & Chairman Training
Aug 23rd 9:30-4 pm - See attached Flyer for more info.

Recognizing Farm Stress
Sept 14th @ 6 pm - See attached Flyer for more info.

Extension Homemakers Council Meeting
Thursday, August 24th @ 1:30 pm at the Extension Office

August Club Dates

- 9th @ 11 am- Four Corners
- 10th - Photography Special Interest Club - Call for more info
- 14th @ 10 am- Mountain Crafters
- 16th @ 10 am - OPI Special Interest Club
- 18th @ 10 am - Sassy Stitchers Special Interest Club
- 21st @ 1 PM Pieceful Hearts Special Interest Club

AS WE ARE ALL NEW AND
LEARNING PLEASE LET US KNOW
IN ADVANCE IF INTERPRETERS
ARE NEEDED FOR EVENTS,
CLASSES, OR CLUB/GROUP
MEETINGS. THIS IS SO WE HAVE
TIME TO BOOK SOMEONE.
THANK YOU

2023-2024 Leader Trainings

Homemaker Leader Training Watch parties – An educational lesson and handouts- overview and Q & A with Jody about the lesson.

- September 8th @ 10 am – Mindfulness - Alethea Bruzek
- October 6th @ 10 am – Cast Iron Cooking – Kayla Gibson
- November 3rd @ 10 am – Make-up tips and tricks - Tara Duty
- December -None
- January 5th @ 10 am – Transferring Cherished Possessions – Karli Giles
- February we will have an Area Cooking School – Savor the Flavor – TBA
- March 1st, @ 10 am – Basic Technology Awareness - Carla Carter
- April TBA - We will have an Area First Aide and health awareness program as an Area.



Save the date!

- **October 13th** - It is Homemaker week, and 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 2nd** - Breakfast and Shopping with Santa to benefit 4-H Programs

Help Wanted!

December 8 – 9, 2023

Teachers, greeters, food team, and helpers for the 1st Annual Holidays on A Budget! This should be a make it take it program, where people will learn a skill or have the knowledge and a completed decoration or craft/gift item when they finish. So a fun, low budget, project. We will have a form for you to fill out with the item, a picture of the item, time length of class, and participant cost – please remember this is focused on low budget/low cost/recycling/reusing etc.

2024 State Meeting

Next year's KEHA State Meeting will take place May 7-9, 2024, at Sloan Convention Center and Holiday Inn University Plaza in Bowling Green. Watch for details coming soon!

Help Wanted - May 7 -9, 2024 - Volunteers are needed to help with the State KEHA Meeting. Fort Harrod Area Homemakers are Hosting this year. Please help support our very own Lincoln Countian, who is serving her 2nd year as STATE Homemaker President. Needed are Volunteers to help plan the meeting, volunteers to set at the registration table all week, and set up and decorate as needed. If you are interested in joining the monthly Zoom meetings, you call the Extension Office, and we can arrange a watch party, or we can put you in touch with Wendy Hood, the Area Representative in charge of the State Meeting.



HELP WANTED!

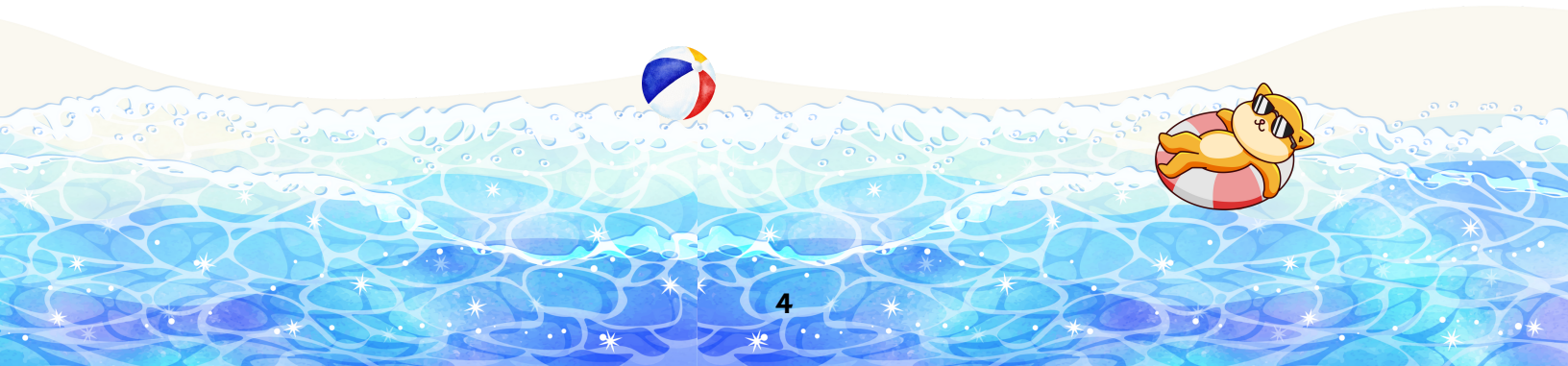


Extension Homemaker Volunteers, Teachers, and Assistant Teachers Needed!

After analyzing the survey data we have found there are a variety of skills and classes that many would like to see in our county. Please let us know if you are able to teach or help someone teach any of the following.

1. CALLIGRAPHY, FAUX-CALLIGRAPHY, AND/OR LETTER BRUSHING
2. WOOD BURNING
3. WOODWORKING A SMALL PROJECT
4. BASKET MAKING
5. WREATH MAKING
6. FALL DÉCOR
7. DECOUPAGE
8. ROCK PAINTING
9. CANDLE MAKING
10. MACRAME
11. NEEDLE WORK
12. PAPER QUILLING
13. TATTING
14. FELT MONSTER DOLLS
15. ENGLISH PAPER PIECING
16. SWEDISH WEAVING
17. CANDLEWICKING (NEEDLECRAFT)
18. CROCHET
19. KNITTING
20. LOOM KNITTING

HELP ALSO WANTED!
FOR DECEMBER 8 – 9, 2023
TEACHERS, GREETERS, FOOD TEAM, AND HELPERS FOR
THE 1ST ANNUAL HOLIDAYS ON A BUDGET!
THIS SHOULD BE A MAKE IT TAKE IT PROGRAM, WHERE PEOPLE WILL LEARN A SKILL OR HAVE THE KNOWLEDGE AND A COMPLETED DECORATION OR CRAFT/GIFT ITEM WHEN THEY FINISH. SO A FUN, LOW BUDGET, PROJECT. WE WILL HAVE A FORM FOR YOU TO FILL OUT WITH THE ITEM, A PICTURE OF THE ITEM, TIME LENGTH OF CLASS, AND PARTICIPANT COST – PLEASE REMEMBER THIS IS FOCUSED ON LOW BUDGET/LOW COST/RECYCLING/REUSING ETC.



FORT HARROD AREA



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

Extension Homemakers Officer & Chairman Training

August 23rd
9:30 a.m.- 4 p.m.



Boyle Co.
Extension Office
99 Corporate Dr, Danville, KY 40422



Training is FREE
(Lunch will be provided.)

Register by August 15th by calling 859-236-4484

Come join the Fort Harrod FCS Extension Agents and the Fort Harrod Extension Homemaker Officers for an area-wide officer and chairman training. Leave the day feeling equipped to lead your county and energized for the upcoming Homemaker year!

The Lincoln County Extension Office will be taking vans to this training. If you would like to ride please call 606-365-2447 or email to be added to the van list. Make sure you also call the number above to register.



Jody G. Paver
County Extension Agent for Family and Consumer Sciences
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Disabilities
accommodated
with prior notification.

RECOGNIZING FARM STRESS

WHEN: SEPTEMBER 14TH AT 6 PM

WHERE: LINCOLN COUNTY

EXTENSION OFFICE

SPEAKER: DR. KRISTIE GUFFEY

FROM MURRY STATE UNIVERSITY

WILL BE PRESENTING

MEAL WILL BE PROVIDED

PLEASE RSVP TO THE LINCOLN

COUNTY EXTENSION OFFICE BY

CALLING 606-365-2447

SPONSORED BY LINCOLN COUNTY FARM BUREAU & LINCOLN COUNTY EXTENSION



Martin-Gatton
College of Agriculture,
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LEXINGTON, KY 40546

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2023

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: WAYS TO SAVE ON BACK-TO-SCHOOL

Sales ads and store shelves are now displaying backpacks, pens, sneakers, and tech. It's the time of year kids start asking for new gear for school. The costs of most goods and services have risen in recent years, and school supplies are no exception. The Consumer Price Index for the Southern Region shows that generally prices peaked last summer, but overall, the cost of goods is still high.

Back-to-school shoppers plan to stretch their dollars spent on supplies, clothes, shoes, and electronics in several ways, according to a recent National Retail Federation survey. Some will compare prices online before buying (45%). Others will shop sales (45%), buy generic or store brand products (39%), or use coupons (27%). The following tips provide more cost-saving suggestions.

BEFORE YOU SHOP

After you've received a list of the school supplies your child will need this year, take an inventory of the supplies you already have before heading out to buy new items. You might be able to use some of last year's supplies, such as backpacks, calculators, rulers, folders, and more.

Look through your child's clothing and shoes to see what fits and what you need to replace. Be sure to check the school's dress code to make sure your



clothing choices match the school's policies. If your children have outgrown anything, consider selling gently used clothing to a consignment store for cash or store credit.

If your household budget is tight, contact your school's Family Resource or Youth Services Center to see if there are local school supply drives planned in your community. Or consider having a clothing or "supply swap" with other families you know with similarly aged children.

Once you have inventoried your needs, make a shopping list. Put the most critical items at the top of the list. Talk to your kids about the difference between wants and needs. Sometimes we can't have both, and needs must come first.

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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TRY TO SHOP RETAILERS WHO OFFER DISCOUNTS, ACCEPT COUPONS, OR HAVE CUSTOMER LOYALTY PROGRAMS.



AT THE STORE

In preparing to shop, consider your budget.

Back-to-school expenses are probably not part of your regular monthly budget. Where might this occasional expense fit into your plans? You might not have to buy some items right away, such as winter coats or clothes. You can work those into a later month's budget if needed.

Compare prices online before shopping, especially for more expensive items such as technology. Try to shop retailers who offer discounts, accept coupons, or have customer loyalty programs. Also, hang on to your receipts in case your children don't use the supplies and you can return them.

STICK TO YOUR LIST

Colorful displays and marketing can be enticing, but it is better to stay within budget and stick to your list. Start with what your child needs most.

If they shop with you, perhaps set aside a designated amount that they can spend on a special item of their choice. For smaller items, it can be cheaper to buy in bulk, especially if you can split the cost with another family or if they are staple items you can put aside for next year, such as paper, pencils, or other goods. If your child's school requires a reading list, consider using the local library. Or talk with students from the grade ahead, who might be willing to lend or sell the books they read last year.

REFERENCES:

National Retail Federation. (2023). <https://nrf.com/insights/holiday-and-seasonal-trends/back-to-school>
U.S. Bureau of Labor Statistics. (2023). https://www.bls.gov/regions/southeast/news-release/consumerpriceindex_south.htm

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AUGUST 2023

Times and more information can be found on page 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9 Four Corners	10 Salsa Class Photography	11	12
13	14 Mountain Crafters	15	16 OPI	17	18 Sassy Stitchers	19
20	21 Peaceful Hearts	22	23 Officer & Chairman Training @BCEO	24 Happy Hearts Extension Homemakers Council Meeting	25	26
27	28	29	30	31		

TO DO

NOTES

