

MARCH

2024

UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

Cooperative Extension Service
Garrard County
1302 Stanford Road
Lancaster, KY 40444
(859) 792-3026
Fax: (859) 792-3026
extension.ca.uky.edu/garrard



Garrard County Family and Consumer Sciences Newsletter

Hello Everyone!

Spring days are upon us, and I could not be more excited! I hope this newsletter finds you well. Please keep an eye out for all of the great things we are doing. Just a few highlights- Garrard's Gardeners Club is partnering with our Agriculture and Natural Resources Agent, Jay Hettmansperger for a class on grafting fruit trees! Please make note that meeting will be on a Friday this month, instead of the Garden Club's usual Thursday meeting. Call to save your spot. It will take place on March 15th. We also will be taking Cultural Arts entries this month on the 18th! If you're unfamiliar with this contest, it is a yearly event in which participants enter craft projects to win prize ribbons and compete on the county, area and state level. It's a fun opportunity to show off your creative abilities, and you must be a paid homemaker to join the competition. Also, please remember we are transitioning to electronic newsletters starting in May. Make sure we have a good email address on file for you, OR let us know if you'd like to remain on our smaller paper mailing list in the future!

County Extension Agent for
Family and Consumer Sciences
kayla.lunsford@uky.edu



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


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Disabilities
accommodated
with prior notification.

Upcoming Events

 Cooperative Extension Service

Fruit Tree Grafting Class

Presented by Garrard County Agriculture and Natural Resources and Garrard's Gardeners

Friday, March 15th

9am-12pm

Garrard County Extension Office

Please call to RSVP: 859-792-3026

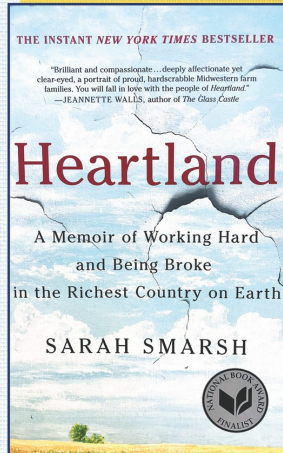
This class is free of charge.

All supplies and root stock will be provided.



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BIG BLUE BOOK CLUB



Big Blue Book Club is back with **Heartland: A Memoir of Working Hard and Being Broke in the Richest Country** on Earth by Sarah Smarsh. This book is an eye-opening memoir about working-class poverty in America. Our discussions will help participants understand the impact that economic hardship and inequality have on our communities. Heartland is a descriptive and emotion-packed retelling of the author's and her family's intergenerational experience of America's wealth gap.

The first Big Blue Book Club series for 2024 will be **April 11, 18, and 25**. Each Thursday morning session will be presented via Zoom at 11 a.m. EDT. We will record the sessions, so if you aren't available during the day, you are welcome to participate via the recording.

Registration will open at 9 a.m. EST on Feb. 1 at <https://ukfcs.net/BBBC24book1>. The link will not be active until registration opens. The first 200 registered participants will receive a free copy of the book. Pick up your free book at your local Extension office after you receive notification that you are one of the book recipients.

WE ARE EXCITED TO READ WITH **YOU** THIS YEAR!

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Physical and mental disabilities
may be accommodated with advance notice.
Lexington, KY 40546

Savor the Flavor

The Savor the Flavor program focuses on flavoring techniques and cooking methods that anyone can use. The goal of the program is to help people make home-prepared meals that are flavorful and exciting. Savor the Flavor allows people to build their skills and confidence in the kitchen through interactive recipe demonstrations, tastings, and other engaging activities. You won't want to miss it! We look forward to seeing you!


Fee: \$5
Payable via Cash or Check

March 1st from 10am-3pm
Boyle County Cooperative Extension Services
99 Corporate Drive, Danville, KY

Registration begins at 9:30am.
Lunch and taste testing will be provided.

Call **BCCES** at (859) 236-4484 to register by Feb. 26th!

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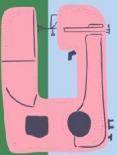




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SEWING DOLL CLOTHES

Cost: \$12



FRIDAY, MARCH 8, 10AM-2PM
Call to RSVP: 859-792-3026

Favorite dolls need special outfits! Sewing small can be tedious, but with tips and tricks, it can also be lots of fun and very creative! This workshop is for sewing babydoll and 18-inch type doll clothes. Participants will be making a pinafore outfit and practicing techniques for sewing 'small'. One benefit of sewing small: using scraps from favorite fabrics!



Participants need to bring working sewing machine, foot control, instruction book, sewing supplies to include pins, pin cushion, sewing gauge, fabric shears, thread snips, neutral color thread, and seam ripper. For the project bring 1/2 yard of 100% woven cotton fabric for pinafore and 1/3 yard of 100% woven cotton for matching top piece, the doll you want to sew for, and a tape measure. All other supplies will be provided.

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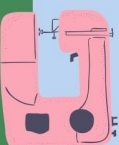
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MAKE AN APRON

Cost: \$7



DAYTIME CLASS: FRIDAY, APRIL 19, 10AM
EVENING CLASS: THURSDAY AND FRIDAY,
MAY 2 AND 3, 6PM

Call to RSVP: 859-792-3026

In this beginning sewing class participants will construct a perfect apron for summer grilling or holiday baking! Beginner sewists will learn about sewing straps, pockets, and small hems. Pattern will be furnished.



Participants need to bring working sewing machine, foot control, instruction book, sewing supplies to include pins, pin cushion, sewing gauge, fabric shears, thread snips, neutral color thread, and seam ripper. For the project bring 1 yard of decorator weight, heavy cotton fabric; ie. ticking, denim, duck cloth, etc.; 1 yard of coordinating 100% cotton fabric for pocket, lining and/or straps; thread to match or coordinate.

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MARCH LEADER LEADER LESSON

Watch Party on:

Basic Technology

Led by Franklin County FCS
Agent, Carla Carter

March 28th at 4pm
Garrard County Extension Office
Call to Register

Everyone is welcome!

Mobile apps, podcast, social media, and smart devices are advances in 21st century technology. Questions that baffle our non-tech individuals include: What are these smart devices? How can a device be so smart if I do not know how to use it? This lesson will provide participants with the basic tools to understand the mystery of modern technology.

Homemaker Clubs and Meetings

Homemaker Council Meeting: March 4th
at 6pm at the [extension Office

Countryside Club: February 15th
Call for meeting time and location if
you're interested in joining!

Garrard Go-Getters Club: February 19th.
Meets 5:30pm at the [extension Office.
Just show up if you're interested in
joining!

**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!**



LUNCH & LEARN FREE MONTHLY COOKING CLASS



VEGGIE EGG RINGS:
TUES. MARCH 5TH

**CLASS TIMES
ARE 12PM
AND 6PM.
CALL TO
RSVP AND
CHOOSE
YOUR CLASS
TIME.**



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!

STARTING IN MAY. WE ARE GOING TO BEGIN TRANSITIONING TO ELECTRONIC NEWSLETTERS. THIS MEANS MOST PEOPLE WILL RECEIVE YOUR NEWSLETTER BY EMAIL. PLEASE CALL AND MAKE SURE WE HAVE AN UPDATED EMAIL ADDRESS ON FILE FOR YOU. ALTERNATIVELY, IF YOU WOULD LIKE TO REMAIN ON THE PAPER MAILING LIST, PLEASE CALL AND LET US KNOW. PAPER COPIES WILL ALSO BE AVAILABLE TO PICK UP ANYTIME AT THE EXTENSION OFFICE. THANK YOU!



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**GARRARD COUNTY
HOMEMAKERS
2024**

*Cultural Arts
Contest*

Show off your
creative talent by
entering the 2024
Cultural Arts
Contest! Open to
all Garrard
County
Homemakers!

Entry Time: March 18th, 8am-12pm
Pick Up Time: March 22nd, 8am-4:30pm

Blue Ribbon Winners will advance to the Fort Harrod Area Contest in April and compete against 7 other counties.

To view the list of categories and rules, visit:
<https://tinyurl.com/3x2ue8es> or scan the QR code. You may also stop by the office for a hard copy.



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Disability
accommodated
with prior notification.

March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Savor the Flavor Leader Lesson 10am	2
3	4 Homemaker Council 6pm	5 Lunch & Learn 12pm and 6pm Yoga 7pm	6	7 Yoga 9am	8 Winter Sewing Session: Doll Clothes 10am	9
10	11	12 Yoga 7pm	13	14 Yoga 9am	15 Grafting Fruit Trees Class 9am	16
17	18 Cultural Art Drop-Off 8am-12pm Go-Getters Club 5:30	19 Happy First Day of Spring! Yoga 7pm	20	21 Yoga 9am Countryside Club	22 Cultural Arts Pick-up	23
24	25	26 Yoga 7pm	27	28 Yoga 9am Technology Lesson Watch Party 4pm	29	30
31						

2024-2025 Fort Harrod Area Extension Homemakers Lesson Ballot

Please check one:

Individual Ballot _____ Club Ballot, please name club _____

Please choose the **top 8** lessons you would like taught in the 2024-2025 Extension Homemaker year.

Return your ballot to your County Extension Office no later than April 30, 2024.

Scan the QR Code below to fill out the survey via the online survey option.



_____ Elements and Principles of Art

Whether it is a drawing, painting, photograph, or even a scrapbook page, what makes this 2-Dimensional “work of art” visually pleasing? Why do we like what we see? The basic elements and principles of art and design influence how we perceive objects. This PowerPoint lesson encourages discussion while outlining concepts used to objectively evaluate a drawing, painting, or photograph. Participants will receive a handout with definitions. Curriculum materials also include a facilitator guide, PowerPoint slides, and an evaluation. This lesson is part of the Cultural Arts and Heritage Program of Work for 2022-2025.

_____ Healthy Eating Around the World

We’ll take a trip around the globe to learn about dietary recommendations from other countries. Along the way, we’ll learn about new foods and ways of eating. As we arrive back in the U.S., we’ll reflect on what we learned and see how advice about a healthy diet is remarkably similar, no matter where on Earth we live. This lesson includes a facilitator guide, publication, training slides, leader lesson letter, activities, marketing pieces, and an evaluation. This lesson is part of the International Program of Work for 2022-2024.

_____ Strong Bones for Life: Prevent Osteoporosis

Keeping bones healthy and strong is important throughout the lifespan. Without proper nutrition, exercise, and even sunshine, the risk for osteoporosis increases. Osteoporosis is a bone disease that causes bones to become weak and more susceptible to breaks. This KEHA lesson will examine risk factors and lifestyle behaviors to help stop bone loss and rebuild bone to prevent breaks. It is never too early or too late to make bone health a priority. This lesson includes a facilitator guide, publication, training slides, mailbox club member materials, activities, marketing pieces and an evaluation.

_____ KEHA Plays Pickleball

In general, sports are good for physical and mental health. Yet to some, sports are intimidating. Pickleball is America’s fastest growing sport that all ages and skill levels can play. It is a cross between ping-pong, badminton, and tennis. It is easy to learn, fun play, and fun to say! Using paddles and lightweight balls, the open play format allows for both social and physical activity. This lesson will highlight the health benefits associated with the sport and teach KEHA members how to play. This lesson includes a facilitator guide, publication, training slides, mailbox club member materials, activities, marketing pieces, and an evaluation.



Understanding and Preventing Suicide

The thought of someone taking their own life is difficult to think about much less talk about. This is because the loss of someone in our family or community to suicide affects us, leaving us with questions or feelings of powerlessness. This lesson will focus on understanding some of the causes of suicide, the risk of suicide in farmers and rural communities, and how to recognize the warning signs for suicide. Additionally, the lesson will cover key tips on how to prevent suicide and what to do if someone you know is struggling with thoughts of suicide.

Mindful Eating

It is easy to finish a meal and not remember what or how much was eaten. Taking care to focus on our senses as we eat can lead to a more satisfying experience. This lesson covers differences in mindless and mindful eating and tips for being more present when you eat. The lesson goal is to add mindful eating strategies into daily routines. Lesson materials include a publication, facilitator guide, leader lesson letter, flyer, PowerPoint presentation, evaluation tool, mindful eating exercise, and three other activity options.

Move Your Way: Exercise for Everyone

As we grow older, our bodies age with us. Healthy lifestyle habits, like regular exercise, can slow the aging process. This lesson focuses on non-impact exercises, specifically seated movements, to help improve balance, posture, muscular strength, and ability to perform daily living activities that you can do from the safety of your own chair. Studies suggest that adding exercise to your daily routine will improve joint health, physical function, and emotional well-being.

People Learn with a Purpose: Understanding Learning Styles

Understanding why and how you – or your learners, if you are leading a group – learn best is the key to a positive learning experience. Lesson materials include a publication, facilitator guide, and evaluation.

Communication Essentials for Good Impressions

Let's learn more about non-verbal communication (body language) and the roles speaking and active listening play in communication. Lesson materials include a publication, facilitator guide, and evaluation.

Handy to Have: Emergency Health Information Cards

An Emergency Health Information (EHI) Card can be a helpful tool to have. If you are ever in an emergency where you need immediate medical treatment, but are not able to communicate with first responders, an EHI Card can tell medical providers important information about how to help you. This lesson focuses on who can benefit from carrying an EHI card, information that should, and should not be included on an EHI Card, and where to put copies of an EHI Card. Curriculum materials include EHI Card template, participant handout, facilitator guide, PowerPoint slides, and evaluation. This lesson is part of the Management & Safety Program of Work for 2023-2026.

Understanding Your Credit Score

Does one number define you? Find out about the meaning behind credit scores, what makes a good one, and how you can improve yours. Materials include an informational handout, podcast, facilitator guide, optional PowerPoint slides, evaluation, and marketing tools.

A Bad Deal in Disguise: Types of Scams

Fraud can happen to anyone at any age. Learn how to avoid being a victim by recognizing common scams. Curriculum materials include publication, facilitator guide, PowerPoint slides, participant activities, marketing tools, and evaluation.