

# February

25'



**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](http://extension.ca.uky.edu/garrard)

## Garrard County Family and Consumer Sciences Newsletter

Hi Everybody!

I hope you are all staying warm and cozy during this chilly weather we've been having! Keep an eye out for school closings. FCS events will, in general, follow the same weather policy as Garrard County Schools, but if you're unsure, always call the office or check Facebook for cancellation notices.

February is American Heart Month, which focuses on motivating Americans to adopt healthy lifestyles to prevent heart disease, a leading cause of death in the U.S. Every year, Americans suffer more than 1.5 million heart attacks and strokes. The good news is that you can help reduce your risk and improve your heart health by choosing healthy habits and following the ABCs! Check out page 3 to learn about the ABCs of Heart Health!

County Extension Agent for  
Family and Consumer Sciences  
[kayla.lunsford@uky.edu](mailto: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

### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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



Disabilities  
accommodated  
with prior notification.

# Upcoming Events



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

## Seed Swap

Event Held at the Garrard County Extension Office  
1302 Stanford Rd. Lancaster, KY 40444

Saturday, February 22nd | 10am-2pm

Brought to you by Garrard's Gardeners  
and Hopeful Hilltop Homestead, LLC.

Get geared up for gardening season! Bring your seeds to swap and sell. Vendors will be available to talk all things plants, pollinators, and garden care. The Chuckwagon Food Truck will also be set up, so you can grab lunch while you're here! You may even have a chance to win a door prize. Don't miss out!

For questions or if you'd like to be a vendor, please contact Amber Day at Hopeful Hilltop Homestead, LLC. at 859-458-9257.

**Cooperative Extension Service**  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**  
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and all disabilities on the basis of race, color, national origin, gender, marital status, age, sexual orientation, gender identity, gender expression, pregnancy, parental status, genetic information, age, veteran status, physical or mental disability or receipt of public benefits. Reasonable accommodations of facilities may be available for persons with disabilities. 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.  
Lancaster, KY 40444




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

## LUNCH AND LEARN

### FREE MONTHLY COOKING CLASS

**FEBRUARY 4TH**  
12PM OR 6PM

Garrard County Extension  
Office  
1302 Stanford Road

Call the office at  
859-792-3026, comment on  
Facebook or email  
kayla.lunsford@uky.edu to  
register.

**TOPIC OF THE MONTH: AIR FRYERS**

**RECIPE TASTING: CAULIFLOWER BITES**



This month we will be making cauliflower bites and talking about how to use an air fryer! Whether you're new to the air fryer game or not, you won't want to miss out on this fun day learning to use this kitchen gadget!

**Cooperative Extension Service**  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**  
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and all disabilities on the basis of race, color, national origin, gender, marital status, age, sexual orientation, gender identity, gender expression, pregnancy, parental status, genetic information, age, veteran status, physical or mental disability or receipt of public benefits. Reasonable accommodations of facilities may be available for persons with disabilities. 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.  
Lancaster, KY 40444




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

## THURSDAY MORNING

### "SEW"CIAL CLUB

THURSDAYS 9AM-12PM  
GARRARD COUNTY EXTENSION OFFICE

OPEN TO ALL- COME HANG OUT, WORK ON UNFINISHED PROJECTS, AND MAKE FRIENDS ALONG THE WAY!

**Cooperative Extension Service**  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**  
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and all disabilities on the basis of race, color, national origin, gender, marital status, age, sexual orientation, gender identity, gender expression, pregnancy, parental status, genetic information, age, veteran status, physical or mental disability or receipt of public benefits. Reasonable accommodations of facilities may be available for persons with disabilities. 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.  
Lancaster, KY 40444





# LAUGH & LEARN

## MONTHLY PLAYDATE

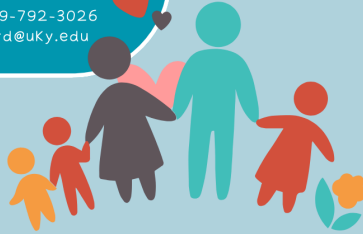
February 25th  
10-11am

Garrard County  
Extension Office  
1302 Stanford Rd.

February Topic: My  
Family/ Love

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!

To RSVP: Please call 859-792-3026 or email [kayla.lunsford@uky.edu](mailto:kayla.lunsford@uky.edu)



Accessibility  
accommodated  
with prior notification.

FRIENDLY FIBERS  
GROUP MEETS EVERY  
4TH MONDAY AT 1:30  
AT THE OFFICE. JOIN  
ANYTIME IF YOU LIKE  
KNITTING, CROCHET,  
OR OTHER TYPES OF  
NEEDLEWORK!



### YOGA CLASS!

INSTRUCTOR: KRISTINA PEAMAN  
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!



## The ABCs of Heart Health

**A: TAKE ASPIRIN AS DIRECTED BY YOUR HEALTH-CARE PROFESSIONAL. ASK YOUR HEALTH-CARE PROFESSIONAL IF ASPIRIN CAN REDUCE YOUR RISK OF HAVING A HEART ATTACK OR STROKE. BE SURE TO TELL YOUR HEALTH-CARE PROFESSIONAL IF YOU HAVE A FAMILY HISTORY OF HEART DISEASE OR STROKE. AND MENTION YOUR OWN MEDICAL HISTORY.**

**B: CONTROL YOUR BLOOD PRESSURE. FIND OUT WHAT YOUR BLOOD PRESSURE NUMBERS ARE. AND ASK YOUR HEALTH CARE PROFESSIONAL WHAT THOSE NUMBERS MEAN FOR YOUR HEALTH. IF YOU HAVE HIGH BLOOD PRESSURE, WORK WITH YOUR HEALTH-CARE PROFESSIONAL TO LOWER IT.**

**C: MANAGE YOUR CHOLESTEROL. THERE ARE DIFFERENT TYPES OF CHOLESTEROL. ONE TYPE IS "GOOD" AND CAN PROTECT YOU FROM HEART DISEASE. BUT ANOTHER TYPE IS "BAD" AND CAN INCREASE YOUR RISK. TALK TO YOUR HEALTH-CARE PROFESSIONAL ABOUT CHOLESTEROL AND HOW TO LOWER YOUR BAD CHOLESTEROL IF IT IS TOO HIGH.**

**S: DO NOT SMOKE. SMOKING RAISES YOUR BLOOD PRESSURE, WHICH INCREASES YOUR RISK FOR HEART ATTACK AND STROKE. IF YOU SMOKE, QUIT. IT IS NEVER TOO LATE TO QUIT SMOKING.**

## GARRARD COUNTY PHOTOGRAPHY CLUB



GARRARD COUNTY EXTENSION OFFICE  
THURSDAY, FEBRUARY 27TH AT 6PM

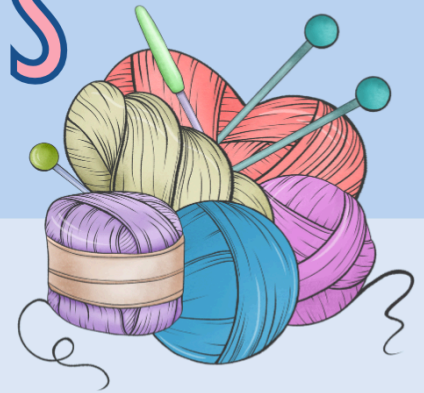
For more info, call  
859-792-3026 or email  
[eric.comley@uky.edu](mailto:eric.comley@uky.edu) or  
[kayla.lunsford@uky.edu](mailto:kayla.lunsford@uky.edu).  
This class is for adults  
only.

WEATHER PERMITTING, WE WILL BE TAKING A LITTLE FIELD TRIP AROUND THE COUNTY TO CAPTURE SUNSET PHOTOS. SO BRING YOUR CAMERA, AND GET READY TO GET CREATIVE!



Accessibility  
accommodated  
with prior notification.

# NEEDLEWORK ON THURSDAYS



## GARRARD COUNTY EXTENSION OFFICE

Give your mental well-being a boost by learning and practicing a needlework skill. Learning embroidery, crochet and other needlework can improve cognitive functions, reduce stress and give your brain healthy exercise. Plus, it's just fun, creative and self-satisfying! Sign up and come join in!

Scan to find all upcoming  
needlework classes!



**SWEDISH WEAVING ON HUCK TOWELING-\$6**

**THURS, FEB. 6, 1PM & 6PM**

**BEGINNING CROCHET-\$12**

**THURS, FEB. 13, 1PM & 6PM**

**CANDLEWICKING EMBROIDERY-\$7**

**THURS, FEB. 20, 1PM & 6PM**

**PUNCH NEEDLE EMBROIDERY-\$20**

**THURS, MARCH 6, 1PM & 6PM**

Cooperative  
Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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



Disabilities  
accommodated  
with prior notification.



# SWEDISH WEAVING ON HUCK TOWELING

Garrard County Extension Office

Cost: \$6

THURSDAY, FEBRUARY 6

DAYTIME CLASS: 1-3PM | EVENING CLASS: 6-8PM

Please register via [Eventbrite.com](https://www.eventbrite.com) by February 3rd. Just scan the QR code, specify if you'd like to attend the 1pm or 6pm class, then follow instructions for checkout! You can also bring cash or check payment to the Extension Office. Call 859-792-3026 if you need assistance with registration.



Bring: 5 Skeins of 100% cotton Embroidery Floss same color. All other supplies will be furnished.  
Registration and Payment Due: Monday, February 3

# BEGINNING CROCHET

Garrard County Extension Office

Cost: \$12 | Class Limit of 6

THURSDAY, FEBRUARY 13

DAYTIME CLASS: 1-3PM | EVENING CLASS: 6-8PM

Please register via [Eventbrite.com](https://www.eventbrite.com) by February 7th. Just scan the QR code, specify if you'd like to attend the 1pm or 6pm class, then follow instructions for checkout! You can also bring cash or check payment to the Extension Office. Call 859-792-3026 if you need assistance with registration.



All supplies will be furnished including hooks, yarns and patterns.  
Deadline for Registering: Friday, February 7

# CANDLEWICKING EMBROIDERY

Garrard County Extension Office

Cost: \$7

THURSDAY, FEBRUARY 20

DAYTIME CLASS: 1-3PM | EVENING CLASS: 6-8PM

Please register via [Eventbrite.com](https://www.eventbrite.com) by February 17th. Just scan the QR code, specify if you'd like to attend the 1pm or 6pm class, then follow instructions for checkout! You can also bring cash or check payment to the Extension Office. Call 859-792-3026 if you need assistance with registration.



Bring 6-inch embroidery hoop. All other supplies will be furnished including threads, base fabrics and designs.  
Deadline for Registering: Monday, February 17

# PUNCH NEEDLE EMBROIDERY

Garrard County Extension Office

Cost: \$20

THURSDAY, MARCH 6

DAYTIME CLASS: 1-3PM | EVENING CLASS: 6-8PM

Please register via [Eventbrite.com](https://www.eventbrite.com) by February 26th. Just scan the QR code, specify if you'd like to attend the 1pm or 6pm class, then follow instructions for checkout! You can also bring cash or check payment to the Extension Office. Call 859-792-3026 if you need assistance with registration.



Bring 6-inch embroidery hoop. All other supplies will be furnished including multiple needles, base fabrics, threads/yarns and designs.  
Deadline for Registering: Wednesday, February 26

# Homemaker Happenings

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



FEBRUARY LEADER LEADER LESSON

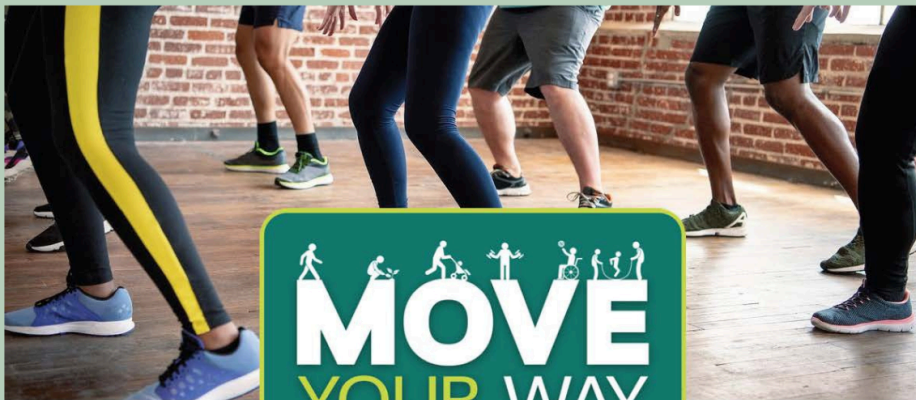
## Watch Party on: Elements and Principles of Art

Led by Lincoln County FCS Agent, Jody Paver

**February 27th at 10am**  
**Garrard County Extension Office**  
**Call or Email to Register:**  
**859-792-3026 or kayla.lunsford@uky.edu**  
**Everyone is welcome!**

Art is not just about looking nice; it's about how it makes us feel and think. Knowing these basic parts of art can help us understand why certain designs or artworks stand out or communicate certain messages.

**PLEASE FILL OUT THE  
25'-26' LEADER  
LESSON BALLOT AND  
RETURN TO THE  
EXTENSION OFFICE BY  
MARCH 30TH! YOUR  
INPUT HELPS  
DETERMINE NEXT  
YEAR'S LESSONS!  
FOUND AT THE END OF  
THE NEWSLETTER.**



with  *eize*

## Exercise for Everybody

Learn about non-impact exercises to help improve balance, posture, muscular strength, and ability to perform daily living activities.

**Date: April 24, 2025**

**Time: 10am**

**Location: Franklin Co. Extension Office**  
**101 Lakeview Court, Frankfort KY**

**Please call (502) 695-9035 to register.**

**Registration deadline is April 17th.**

## UPCOMING DATES

**NOT YO MAMA'S HOMEMAKER  
CLUB: TBA (CALL FOR MORE  
INFO)**

**COUNTRYSIDE CLUB: FEB. 20TH,  
11AM @ PIGGIN' OUT**

**GO-GETTER'S CLUB: FEBRUARY  
10TH, 6PM, EXTENSION OFFICE**

**HOMEMAKER COUNCIL MEETING:  
FEB. 24TH AT 6PM**

**CULTURAL ARTS CARD LEADER  
LESSON: FEB. 27TH AT 10AM**

**COUNTY CULTURAL ARTS  
CONTEST: MARCH 17TH**

**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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
LEXINGTON, KY 40546





**A REMINDER TO KEEP  
FILLING OUT THOSE  
VOLUNTEER HOURS!**

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

Name: \_\_\_\_\_ Address: \_\_\_\_\_

County: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Date	Activity/Job Performed	Hours (report in appropriate category)			
		Extension	KEHA	Community	Personal
<b>TOTALS</b>					

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



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

**GARRARD COUNTY  
HOMEMAKERS  
2025**

*Cultural Arts  
Contest*

Show off your  
creative talent by  
entering the 2025  
Cultural Arts  
Contest! Open to  
all Garrard  
County  
Homemakers!

Entry Time: March 17th, 9am-12pm

Pick Up Time: March 21st, 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/ygy3jjw6> or scan the QR code.  
You may also stop by the office for a hard copy.



**Cooperative  
Extension Service**

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

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

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 receipt of 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



Disability  
accommodated  
with prior notification.



## 2025-2026 Fort Harrod Area Extension Homemakers Lesson Ballot



Please check one: Individual Ballot \_\_\_\_\_ Club Ballot, Club Name \_\_\_\_\_

Please choose the top 8 lessons you would like taught in the 2025-2026 Extension Homemaker year. Return your ballot to your County Extension Office **no later than March 30, 2025**.

### Cultural Arts and Heritage

\_\_\_\_\_ **Composition in Photography** – Looking to take photographs that not only capture the memory, but also enhance it? Participants will receive a handout with suggestions for successful composition in photography.

### Environment, Housing, and Energy

\_\_\_\_\_ **Carbon Monoxide** – Carbon monoxide (CO) is a poisonous gas that you can't smell or see. Every year, hundreds of people die from carbon monoxide poisoning and thousands more become ill from it. In this lesson, learn what steps you can take to keep you and your loved ones safe from this dangerous gas that is all around us.

\_\_\_\_\_ **Radon: A Silent Killer** – Do you know which cancer is the nation's leading cause of deaths? It may surprise you. The answer is lung cancer. And something in Kentucky homes may be contributing to the cause. Kentucky leads the nation in the number of new cancer cases and lung cancer deaths. Not only is this because of Kentucky's high smoking rates, but also because of Kentucky's high radon levels.

### International

\_\_\_\_\_ **Creating Welcoming Communities** - All societies experience shifts in culture, and modern America is no exception. With this lesson, become a more prepared community volunteer by understanding how culture makes all of us unique. We will examine our own culture, understand culturally related strengths of both ourselves and of others, and gain an understanding of oppressive experiences and their effects. As we seek to build a stronger Kentucky, KEHA volunteers can lead the way in making the state more welcoming to all newcomers in the Commonwealth.

### Family and Individual Development

\_\_\_\_\_ **Mental Health Matters** - Mental health is important for overall health at every life stage—from childhood through older adulthood. It includes emotional, psychological, and social well-being and affects how a person thinks, feels, and behaves. This lesson will highlight why mental health matters and draw attention to symptoms of mental health concerns and resources that are available to help with mental well-being.

**\_\_\_\_\_ Navigating Trauma After a Natural Disaster** - This lesson will focus on coping with trauma that may occur after a natural disaster. However, leaders should keep in mind that trauma can result from other forms of loss besides a natural disaster. Trauma is our body's response when we experience an event that is life-threatening or emotionally hurtful. The lesson will provide valuable tips and skills to aid in recognizing and coping with trauma as well as how to help others in the community who might experience trauma.

## **Food, Nutrition, and Health**

**\_\_\_\_\_ Yoga-ta Try This!** - Yoga is far from a new practice but has become popular today as a mainstream form of exercise. There also are many health benefits of doing yoga beyond physical activity. This lesson introduces yoga – what it is, why you might be interested in trying it, and some poses.

**\_\_\_\_\_ How to Get Out of a Mealtime Rut** - When you or a family member find out what is on the menu for dinner, is the typical response “Again?” If you dread the thought of cleaning another dish or you just can't think of the last time you were excited by your own cooking, you may be in a cooking rut. The goal of this lesson is to share creative strategies that you can use to overcome mealtime ruts and prepare meals at home. Participants will be able to explain why it is important to prepare home-cooked meals, describe several creative strategies to come up with meal ideas, and identify ways to reduce barriers related to preparing meals at home.

**\_\_\_\_\_ Inspiring Grandchildren to Become Grand Cooks** - Learning cooking skills early in life improves skills and confidence in the kitchen, which can lead to higher diet quality to support health later in life. The decrease in kitchen skills over generations means grandparents are an important resource for helping grandchildren navigate the kitchen. We'll share ideas for bringing different generations together in the kitchen in ways that build confidence, share knowledge and traditions, and create lasting memories.

**\_\_\_\_\_ Gardening Safely** - Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. This lesson focuses on the health benefits of gardening, using proper motions for repetitive movement, and appropriate tools for the job at hand. If this lesson does not sound exciting at first, maybe it will grow on you!

**\_\_\_\_\_ Using your Air Fryer** - The air fryer has increased in popularity over the last few years and has become a staple in many kitchens. This small countertop appliance offers a healthier alternative to frying food and also is popular for reheating leftovers. This lesson will focus on what air fryers are and how they work. We'll discuss the pros and cons, and consumers will feel informed when buying an air fryer.

**\_\_\_\_\_ Planning Thrifty and Healthy Holiday Meals** - Cooking during the holidays doesn't have to be stressful or expensive. This lesson will focus on healthy meal planning strategies and ways to stay within your budget when preparing for a large holiday meal. You will learn kitchen time management strategies to reduce the hassle of cooking, ways to prepare low-cost and delicious recipes, holiday food safety tips, and how to maximize your leftovers to avoid waste.



## Leadership Development

**\_\_\_\_\_The Power of Civic Engagement: Strengthening Our Communities** - Ready to make a difference? In this session, we'll dive into the power of civic engagement and discover how each of us can help shape a more vibrant, inclusive community. Participants will learn about different ways they can get involved — whether through volunteering or participating in local boards and organizations. This lesson is designed to inspire action and provide tools for making a positive difference in your community.

**\_\_\_\_\_Sharing Your KEHA Message** - Have you ever been asked “What does your group DO?” KEHA members are so vibrant, sometimes it can be hard to include everything in a brief statement. This lesson will help you prepare an “elevator speech” that can quickly summarize what your club or council has to offer! In addition, you will prepare responses to have ready when barriers might get in the way of inviting others to join in active membership.

## Management and Safety

**\_\_\_\_\_Stretching Your Dollar: What to Do When the “Ends” Don’t Meet** - “Making ends meet” is getting harder in today’s economy. This lesson will cover how to make your dollars and resources go farther. The lesson will provide tips for managing your money in financially tough times and offer strategies for saving on groceries, gas, utilities, clothing, and other household essentials. We will explore ways to manage fixed and variable household costs with tips on spending wisely, prioritizing finances, and saving when expenses are tight.

**\_\_\_\_\_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.

**\_\_\_\_\_Selecting Sheets** - Cooling? Percale? Bamboo? Sateen? Can someone please tell us what that all means? With so many types of sheets available, it’s easy to get confused. Let’s put these questions to bed and unravel the mystery of thread count, too!

# February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 AccuQuilt Cutter Class 1pm
2	3	4 Lunch and Learn 12pm and 6pm	5	6 Swedish Weaving 1pm and 6pm	7	8
9	10 Go-Getters Club 6pm	11	12	13 Beginning Crochet 1pm and 6pm	14	15
16	17	18	19	20 Countryside Club 11am	21	22 Seed Swap 10am- 2pm
23	24 Homemaker Council 6pm	25 Laugh & Learn 10am	26	27 Leader Lesson 10am Photography Club 6pm	28	