

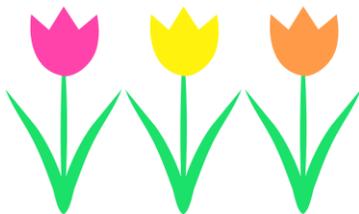
Lyon County Extension Homemaker Newsletter

**Cooperative
Extension Service**
Lyon County
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April 2016

It Must Be Spring
By: May Fenn

Hush, Can you hear it?
The rustling in the grass,
Bringing you the welcome news
Winter's day is past.
Soft, Can you feel it?
The warm caressing breeze,
Telling you the sticky buds
Are bursting on the trees.
Look, Can you see them?
The primrose in the lane,
Now you must believe it -
Spring is here again.



Save the Date

Exciting things are happening this spring! Put these events on your calendar now and watch the newsletter for more information. You don't want to miss out on the good information and fun!

**April 15- Spring trip to Nashville
Southern Women's Show**

Last call ya'll! Are you ready to travel? Just like Willie Nelson, we are on the road again. This time to a food and fun-filled day visiting the Nashville Farmer's Market as well as heading over to the Southern Women's Show. For dinner that evening we will be visiting a Nashville legend, Puckett's Grocery. Here's the itinerary for the day:

7:00 am: Depart Lyon County Extension Office for Clarksville Via West Tennessee Motorcoach
7:45 am: Arrive Chik-Fil-A Clarksville for breakfast (at participant's cost)
9:00 am: Tour of Nashville Farmer's Market
10:30 am: Load bus and depart for Southern Women's Show at Music City Center
10:45 am: Arrive at Music City Center
4:00 pm: Load Bus for dinner at Puckett's Grocery
4:30 pm: Arrive at Puckett's Grocery for dinner (included in cost of the trip)
6:15 pm: Load bus for return trip
8:15 pm: Arrive back at Lyon County Extension Office

Because we will be stopping for breakfast, no coffee or snacks will be provided that morning. **The office will not be open before 6:40 AM.** I hope you don't mind, but I will be providing transportation for you again this year, meaning the cost of this trip is super low. Please take advantage of getting a day out of town and not having to pay a dime for gas or transportation.

As part of the Southern Women's show you can also attend a Taste of Home Cooking Show at the event that day. Because of the timeline, you would arrive at Music City Center just as the Taste of Home Show is about to begin. If you wish to purchase a separate ticket to that event, you must call Miriam at 704-494-7561 to order a separate ticket. Because of the limited seating, I cannot buy tickets for everyone. If you want to attend this show, the ticket is only \$5 if purchased through Miriam but it is first come first serve. I would recommend calling her ASAP.

Due to the large number of people on our trip, we have a set menu for our evening meal at Puckett's. Your choices are:

Puckett's Mojo Burger

Our famous patty, with coleslaw, BBQ pulled pork, baked beans, Cheddar cheese, pickles, and a drizzle of BBQ Ranch sauce served with fries.

Moonshine Platter – Chicken

Chicken breast grilled to perfection, brushed with our signature moonshine glaze and served with smashed sweet potatoes and steamed veggies.

Puckett's BBQ Platter – Pork

Our famous cherry wood smoked pork BBQ, served with sweet potato fries, baked beans and homemade slaw

Please think about what you would like to order and let Olivia or Miranda know when you sign up at the office.

As I am sure you remember from our Holiday Trip, we do have new Risk Management procedures in place for any Homemaker Trip taken through the Extension Office. . **We must make a copy of your health insurance card as well as have you fill out an emergency contact sheet. If you do not bring your card and fill out the information sheet, we cannot sell you a seat on the bus.** If I already have your information from the December Trip, you do not have to fill this out again.

So how much is this great day of fun going to cost? Just \$35! What a steal! This includes your bus ride, ticket into the Southern Women's Show, your evening meal, and gratuities for the bus driver. There are only 50 seats available so don't wait to

come by, and reserve your spot. **The last day to sign up for the trip is Friday, April 8, 2016.**

April 18-21- Homemaker State Meeting

The state meeting is hosted by Northern Kentucky Homemakers and will be held at the Northern Kentucky Convention Center. Please be watching your mail. All the details and registration forms can be found in your state newsletter and it should have arrived in your mailbox in the last couple of weeks.

May 6- Genealogy Workshop

On May 6, 2016 from 10:00 AM to 2:00 PM, genealogy expert Judy Wasko will be with us to share the beginner basics of how to start your family history. Judy is the current President of the Livingston County Historical Society and the Vice President of the McCracken County Historical Society. She will spend the beginning portion of the workshop giving us information on the who, when, and where of getting started on your search. We will then break for a quick lunch and continue in the afternoon with information on genealogy websites and using the internet to help in your search. Lunch will be provided and there is a \$5 charge to attend. Make sure to call 270-388-2341 and sign-up!

May 26- Homemaker Appreciation Open House

The Vice President of the county council is charged with making sure the membership of the county is growing. To that end, Vice President, Sharon Gates, along with her committee and other county council members, will be hosting a **Homemaker Open House from 2:00 pm to 6:00 pm on May 26, 2016 at the Extension Office.** This event will serve as an appreciation for existing members and also a challenge to them to bring a guest who is not a Homemaker. Homemaker Appreciation Open House will thank you for your continued involvement and support that makes our homemaker program successful while offering an opportunity to bring family, friends, neighbors, or others who might not understand all the great things we are doing for our community through Homemakers. There will be prizes, refreshments, fellowship, and fun. Extra rewards given to those who bring someone not

already affiliated with Homemakers. Make your plans now to come and be appreciated!

June 16- Homemaker County Annual Day

Update: I regret to inform everyone that Richard Henson, who was scheduled as our speaker for this event, passed away in early April. Our committee will be meeting soon to come up with a plan B for the occasion. Please remember Richard's family as this was sudden and completely unexpected. The date will remain the same.

December 2-Homemaker Holiday Trip

Do you hear the train a-coming? Rolling 'round the bend? Don't be the last one to get on board. Save the date and get ready to ride as we travel to Bardstown Kentucky to ride on My Old Kentucky Home Dinner Train. This will be a private ride as they will be opening up just for the Lyon County Homemakers. The cost for the day trip will be \$130. Mark your calendars now for sign-up day which will be September 8, 2016 at 8:15 am. Watch upcoming newsletters for all the details on this great holiday trip!

A Note from VP Gates

Sharon Gates and Dixie Utter need your help to make 150 nursing home greeting crafts for the two nursing homes in Lyon county. Come when you can on **April 27, 2016 between 9am-noon.** We will finish decorating a vase with flower and start a new craft project for the residents at our two local nursing homes. No special skills or sign up required just come when you can and have fun making smiles for our seniors. Time worked counts toward your volunteer hours. Thanks!
-Sharon

Report Corner

- If you attended a meeting and heard the lesson on Accessorizing please count that on your Environment, Housing and energy Report.
- Don't forget to keep up with your volunteer hours for this month.
- If you attended a quilting class or other heritage art class, please count toward your Cultural Arts Club Report.
- If you read any books this month, please list the name of the books and turn into your club President to be added toward the Cultural Arts Club report.

April is Child Abuse Prevention Month

Source: Angelica Reina, extension specialist for child development and parenting education

April is Child Abuse Prevention Month. Let's use this time to reflect on this problem and to recognize the importance of good parenting.

The Child Abuse Prevention and Treatment Act is a federal law that broadly defines child abuse and neglect as any recent act or failure to act by a parent or caretaker that which results in death, serious physical or emotional harm, sexual abuse, exploitation or presents an imminent risk of serious harm. Commonly recognized forms of maltreatment include physical abuse, sexual abuse, psychological abuse and neglect. It is also important to note, in the majority of cases, the abuse is committed by someone the child knows.

With the abuse occurring while the victim is still socially, physically and emotionally developing, it has many negative outcomes both immediate and long term. Some effects can last into adulthood. Victims of child abuse or neglect are more likely to report poor physical health, poor emotional and mental

health, behavioral problems, have difficulty developing attachments to others, trust issues, cognitive dysfunction, and engage in high-risk behaviors. A 2007 study conducted by Prevent Child Abuse America estimated that child abuse and its ramifications cost the United States \$103.8 billion every year.

It's not always easy to spot child abuse, and for various reasons, children are not always forthcoming when abuse occurs. As parents, certain physical or behavioral changes in your child (or another child you may know) may alert you that something is wrong. These include injuries that cannot be explained, genital pain or bleeding, sexually transmitted diseases, fearful behavior, bedwetting, runaway attempts, extreme or age inappropriate sexual behavior, sudden change in self-confidence, unexplainable headaches, unexplainable stomach aches, more nightmares, abnormal fears, school failure and dramatic changes in weight or appetite.

If you suspect child abuse or neglect is occurring, contact the Child Protection Hot Line number, 1-877-KYSAFE1 (1-877-597-2231). The Kentucky Cabinet for Health and Family Services website contains area phone numbers, frequently asked questions and other important information related to child abuse and neglect. You can access it at <http://chfs.ky.gov/dcbs/dpp/>.

Child abuse prevention efforts should start at home by nurturing, caring and protecting our children, particularly in early childhood. When your child misbehaves, it is important that you manage your feelings of frustration and anger without venting them on him/her.

Effective discipline strategies include teaching your child about potential consequences to their actions. These consequences could be natural like telling your child if they continue to throw their toys the toy will eventually break and they will not have it to play with anymore. They can also be logical consequences that you enact. For example, "If I have to pick up your toys, you can't play with them for the rest of the day."

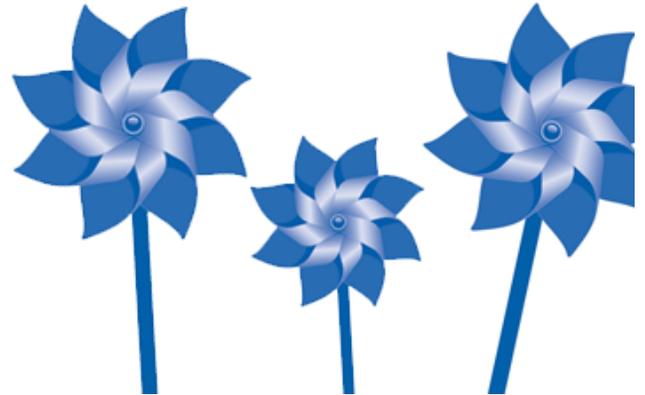
Another effective discipline method is withholding privileges or things your child really enjoys, like watching TV or playing on a tablet. Time-out is also

an effective form of discipline as long as the child understands the rules ahead of time.

Spanking is not recommended by the American Academy of Pediatrics. Research has shown adults who were spanked as kids are more likely to experience depression, use alcohol, exhibit more anger, hit their own children and spouses, and engage in crime and violence at higher rates than adults who were not spanked as children.

APRIL

National Child Abuse Prevention Month



Educational programs of the Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin.

Sincerely,

Angie York

Angie York
County Extension Agent for Family & Consumer Sciences

Calendar of Events

Paper Crafters

Date: April 11, 2016 (5:00pm)

Class size: unlimited

Cost: Free

Supplies: Supplies will be provided.

Last Day to Sign Up: April 8, 2016

Don't miss out on our monthly paper craft project. You just never know what we might get into, but I can guarantee it will be cute. Join us the second Monday night of every month!

Southern Women's Show

Date: April 15, 2016

See newsletter for details

Homemaker Leader Lesson

Tackling Your Laundry- Taught by Katherine Jury

Date: April 29, 2016 (10:00 am)

Class size: unlimited

Cost: Free

Supplies: Supplies will be provided.

Even if it is not your month to teach the leader lesson, come on out and join us for this great lesson!

Genealogy Workshop

Date: May 6, 2016 (10:00 am to 2:00 pm)

Class Size: unlimited

Cost: \$5.00

Genealogy expert Judy Wasco will be with us to share the beginner basics of how to start your family history. Judy is the current President of the Livingston County Historical Society and the Vice President of the McCracken County Historical Society. She will spend the beginning portion of the workshop giving us information on the who, when, and where of getting started on your search. We will then break for a quick lunch and continue in the afternoon with information on genealogy websites and using the internet to help in your search. Lunch will be provided and there is a \$5 charge to attend. Make sure to call 270-388-2341 and sign-up!

Paper Crafters

Date: May 9, 2016 (5:00pm)

Class size: unlimited

Cost: Free

Supplies: Supplies will be provided.

Last Day to Sign Up: May 6, 2016

Don't miss out on our monthly paper craft project. You just never know what we might get into, but I can guarantee it will be cute. Join us the second Monday night of every month!

Beginner Quilt Class

Date: May 19, 2016 (5:30pm-9:00pm)

Class size: 12

Cost: \$5 that will be returned if present for class

Supplies: Supply list will be given upon sign-up.

Last Day to Sign Up: April 8, 2016

Work all day? Want to learn to quilt but need it to be at night? Join us for a beginner basics quilt class. Must know how to use a sewing machine. We will learn quilter basics and start piecing together a quilt top.

UK COOPERATIVE EXTENSION SERVICE
University of Kentucky - College of Agriculture

LEXINGTON, KY 40546

SEW SIMPLE

SPONSORED BY THE PENNYRILE AREA
MASTER CLOTHING VOLUNTEERS

WHEN
May 20, 2016
9:00-3:00

WHERE
Caldwell County Extension Office
1025 U. S. Hwy. 62W
Princeton, KY 42445

Please sign-up at your local extension
office by May 13, 2016.

**YOU WILL NEED BASIC SEWING SKILLS, SEWING
SUPPLIES, A SEWING MACHINE, AND A SACK LUNCH**

THE COOPERATIVE EXTENSION SERVICE PROHIBITS DISCRIMINATION IN ITS
PROGRAMS ON THE BASIS OF RACE, COLOR, AGE, SEX, RELIGION, DISABILITY,
OR NATIONAL ORIGIN.

**COST FOR TWO
PROJECTS: \$12**

Infinity Scarves



Scarves

