

FAMILY & CONSUMER SCIENCES

Lyon County Extension Homemaker Newsletter

**Cooperative
Extension Service**
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January 2017

President's Thoughts on the New Year

New Year's is always a time for reflection and looking to the future. I am not a big one for resolutions (I never seem to keep them!) but I do think that it is a good time to think about what we would like to do better. The past is the past and should not influence what we want to improve on in the future. Here are some ideas for creating a great 2017.

- More positive thinking-Less negativity.
- More being open to new things-Less unwillingness to try new things.
- More working together-Less working independently.
- More kindness-Less ill will.

Let's make this New Year our best yet by bringing in more new members, participating in county activities, having fun, and serving others. —Carole Green



Call for 50-Year Members

Get out those calculators and add up your years in Extension Homemakers. If 2017 marks your 50th year in the program, and you have not yet been recognized for this accomplishment, please call the office to let us know by **January 20, 2017** so you can be recognized for your achievements at this year's events. Call 270-388-2341 and let the girls know by **January 20, 2017**.

Passing of Nancy Minor

A great void is felt in all the roles performed by Lyon County Homemaker member Nancy Minor. As President of the Eddyville club, Secretary for the County Homemaker Council, leader of the Genealogy Club and member of the Quilt Club, her leadership and presence will be missed by many. Rest in peace, Nancy.



Genealogy Club to Meet

If you are interested in exploring your family history, please contact the office at 270-388-2341 and sign up to meet with the new Genealogy Club. The next meeting will be **January 26, 2017 at 10:00** and Carole Green will be leading the discussion and activities. You will need to bring a laptop and any info you have on your parents and grandparents for the events

planned at the next meeting. You don't have to have any prior experience before joining the group. This will be a "learn as you go" club. Please feel free to invite others who may not be Homemaker members. If you know someone who is interested in the topic, please spread the word about the club meeting. Please join us!

March 7-Cultural Arts 2017

I hope you have marked your calendars for **March 7, 2017**. Time is flying by and Cultural Arts is quickly approaching. Pull out that project and put on those finishing touches so we can get your beautiful project entered in the competition. If you are headed to warmer climates for the winter, I would be glad to hold on to your projects and get them entered on the day of the event. Just let me know and we will make arrangements. As always, I can't wait to see all the gorgeous projects you enter this year!

Report Corner

- 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 ***from the book list*** this month, please list the name of the books and turn into your club President to be added toward the Cultural Arts Club report.
- If you attended a leader lesson on "Boosting Your Brain Power," please note that on your Food, Nutrition and Health Report.

Pretend Store Wrap-Up



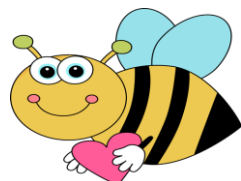
2016 Pretend Store was a huge success. What a testament to your servant-hearts. The tables were full of toys and goodies for all the children and their families. It was heart-warming to walk in and see what all the clubs did this year to make Pretend Store a success. Putting on the program has become a "well-oiled" machine and everyone did a great job in their respective roles. I can't sing enough praise for the great job Lyon County Homemakers do with this program. Congratulations on your continued success!

If you are like many and try to plan ahead and purchase items when they are on sale, we have a list of items that will be needed for next year's Pretend Store. This should help as you shop throughout the year.

- **Small, medium, and large gift bags**
- **Gift treat bags**
- **Tissue paper**

Opportunity Quilt Sales

Time is up on getting your tickets sold for the opportunity quilt. **All tickets or money must be returned to the extension office by February 1, 2017.** Any tickets checked out and not returned will be billed for the cost of the tickets. Because this is a fund raising activity, we have to have money or numbered tickets returned. The drawing for the quilt will be on Valentine's Day. Wouldn't that "BEE" a lovely gift for your "HONEY." The winner will be notified on that day.



- Sticky gift tags (try to avoid the ones that need to be taped)
- Small jewelry boxes
- Small tins

A couple other things to remember when shopping ahead for Pretend Store.

- Remove price stickers and tags
- Bring batteries for your items if needed (example: flashlights)
- Don't bring knives or anything with a sharp point like box cutters or blades.

Do You Sing Like an Angel?

Calling all singers for the KEHA Choir! We will perform at the State Meeting in May, 2017 in Owensboro. You will receive music and a learning CD in the spring (please know your part when you get to State Meeting). We will sing at fun night wearing our Choir polo shirts. Then during the week we will have a one-hour rehearsal in preparation for a formal concert in long black dresses. If you enjoy singing you will enjoy this choir! Send \$10 to Wendy Hood, 202 Park Avenue, Harrodsburg, 40330. Questions? Call or text her at 859-613-2575. Wendy7Hood@icloud.com



Attention Homemaker County Council Members

The next meeting of the Lyon County Homemaker Extension Council will be held on **February 2, 2017 at 10:00 at the extension office**. If you hold a county office or a chairman position please make plans to attend our meeting.

Create a Car Winter Emergency Kit

Source: Connee Wheeler, UK senior extension associate

Wintertime can be dangerous for travelers. Not only do you sometimes have to contend with deteriorating road conditions caused by snow and ice, but life-threatening situations can arise if you find yourself stranded on the road for a significant amount of time. Here are some tips to help you prepare and make your wintertime travels safer.

It is always helpful to have the following in your car in case of an emergency:

- A cell phone, portable charger and extra batteries
- Jumper cables
- Blankets and extra layers of clothing like hats, coats and mittens
- A flashlight with extra batteries
- A first-aid kit
- Water and nonperishable snacks
- Shovel and a windshield scraper

In addition to self-preparations for winter, make sure your car is ready for the weather too. With snow blocking vision and ice causing slippery roads, it is important to remember the following:

- Keep a full gas tank.
- Make sure your antifreeze levels are sufficient.
- Ensure that the heat and defroster properly work.
- Check fluid levels and brake levels.

For more safety precautions, visit the Government Winter Precautions webpage at <https://www.ready.gov/car>, the Centers for Disease Control and Prevention webpage at <https://www.cdc.gov/disasters/winter/beforestorm/supplylists.html#car>.



Lesson Ballots

In your newsletter this month you received a ballot to vote for your choice of leader lesson programming in the next two years. Lyon County's votes will be tallied with all nine counties across the area and the lessons with the most response will be offered. Your vote counts. You must make your selections and return the ballot at your next meeting or to the extension office by **February 1, 2017**.

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.

Sincerely,

Angie York

Angie York County Extension Agent for Family & Consumer Sciences

Calendar of Events

Paper Crafters

Paper crafters will not meet in January. If you know someone who usually attends, please contact them and share that we will be cancelling.

Doggie Bed Workshop

Date: January 12, 2017 (9:00 AM-3:00 PM)

Class size: Unlimited

Cost: Free

Supplies: Supplies will be given when you sign-up.

Last Day to Sign Up: January 9, 2017

We have been collecting fabric scraps for a year and now it is finally time to put them to good use! Join us for a fun day of making dog beds to share with local shelters for the pups that are waiting to be adopted. This will require minimal sewing skills. Don't know how to sew? Come and stuff the beds while others do the stitching. Who can resist a fun day of sewing for our four legged friends!



UFO Project Day

Date: February 3, 2017 (9:00 AM-4:00 PM)

Class size: 14 participants

Cost: Free

Supplies: Bring your own

Last Day to Sign Up: February 2, 2017

What's a UFO? If you are a crafter or quilter I bet you have some. UFO's are the "UnFinished Objects" that we start and just never seem to complete for one reason or another. Join us for a UFO day where you bring your quilting, sewing, or crafting project that has you stumped and we work together to get you back on track and completing those projects. Bring a snack to share with others and we will have a great day of fun and fellowship while getting your craft and sewing rooms cleaned out! Please call the office to let us know you are coming.

Winter Weather Policy

If school is closed in Marshall or Lyon County, FCS programs at the Lyon County Extension Office will be cancelled. In the past, we have included Livingston in this (as I drive through Livingston to get to the office), but I have found they often cancel when roads are passable for me. Please be watching for Marshall or Lyon counties, and if they are closed, FCS programs will be canceled.

