

# Lyon County Extension Homemaker Newsletter

**Cooperative  
Extension Service**  
Lyon County  
231 Main Street, P.O. Box 36  
Eddyville, KY 42038  
(270) 388-2341  
Fax: (270) 388-4627  
[www.ca.uky.edu/ces](http://www.ca.uky.edu/ces)

**September 2016**



## **A Note from President Carole Green**

Welcome to our new Homemaker year! We have a lot of fun and exciting plans coming up. I'm hoping that everyone including our members at large will get involved in our activities.

I would like to point out two new things we will be starting. First, I know that all of our clubs are doing great things and we'd like for you to share those things with others each month in the newsletter. We will also be starting a book club but it will not be a traditional meeting. At your club meetings we'd like for you to share about any books (not on the KEHA Booklist) you've read in the last month that you really enjoyed and why. This information will be turned into the office on the monthly report form submitted by the Secretary of each club and included in the newsletter. –Carole

## Did you Know?

This year the Kentucky Extension Homemakers Association (KEHA) raised more than \$40,000.00 for Ovarian Cancer Research. One of KEHA's main health objectives has been to assist in funding ovarian cancer screening and research at the University of Kentucky. This program began in 1977, and members were asked to donate \$1 each per year. After the Lyon Homemaker Advisory Council Met on August 25<sup>th</sup> they voted to raise the county dues (county is different than club) from \$10 as it has been for several years, to \$11. The increase will allow Lyon County Homemakers to send \$1 per Homemaker member to support the Ovarian Cancer project. For more information on the Ovarian Cancer project or how you can get signed up for local free screening through the University of Kentucky, contact Angie York at 270-388-2341.



## Lake Barkley Quilt Show

It is almost time for the 10<sup>th</sup> Annual Lake Barkley Quilt Show, and sadly I hear this is the last one. Marilyn Reibel and friends have been working hard to make this last show a huge success. As always she will need volunteers to be Hostesses during the show on Friday September 9<sup>th</sup>, from 10:00 -5:00 and on Saturday September 10<sup>th</sup> from 10:00-3:30. If you would like to help out and be a part of this great show, call 270-388-2341 or stop by the Extension Office and let us know. We will have sign-up sheets available for you to pick your time to work. If you have always wanted to check it out but didn't get around to it, this is your last chance. Come see what the Lake Barkley Quilt Show is all about! You won't be disappointed!

## Homemaker Area Annual Day

Hosted by Muhlenberg County Homemakers, October 25, 2016

**Last day to sign up is Friday October 7, 2016, No late registration will be taken**

PENNYRILE AREA HOMEMAKERS MEETING

**Laughter  
IS LIKE  
Music  
FOR THE  
Soul**

speaker:  
Georgia Stamper  
*Mother always said, "You might as well laugh..."*

entertainment by:  
Roy Kyle, Muhlenberg County Musician

date:  
October 25, 2016

cost:  
**\$12, Due to Muhlenberg County Extension  
Office by October 11th**

time:  
10 a.m.  
*Registration begins at 9:30 a.m.*

location:  
Second Baptist Church  
217 W. Depot St. Greenville, KY

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

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Please note that the flyer above says the payment is due on October 11<sup>th</sup>. That is when I have to have the money to Muhlenberg County. The last date to sign up for Homemakers in Lyon County is Friday October 7, 2016 which allows me one working day to tally numbers and get the money to Muhlenberg. I just don't want there to be any confusion because no late registrations will be taken. I have reserved the Lyon County Extension Van for transportation that day. I will be able to carry 6 passengers with me to the event. If you don't have a ride with another club member or don't drive longer distances please call the office at 270-388-2341 and let the girls know. The spots in the van will be first come first serve.

### **December 2-Homemaker Holiday Trip**

#### **IF YOU PLAN ON GOING, PLEASE READ THE FOLLOWING INFORMATION CONCERNING THE UPCOMING 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. Sign-up day is on **September 8, 2016 at 8:15 am**. Just as last year, the University of Kentucky is requiring us to fill out a personal information sheet. We also need a copy of your insurance cards. This is just like at the doctor's office when you have to get a new copy and refill out the paperwork each year. I know it is not fun, but we have to comply with University protocol to continue with these trips. To try and make this process easier, **There is a copy of the needed participation form in this newsletter. Please fill out the form before getting in line to purchase your tickets for the trip. Also, please have your insurance cards ready for us to scan when you enter the line.** If you will remember from last year, this did not cause a back-up in the line and no one had to wait long at all. Additionally, there is no need to come to the office two or three hours before we open to wait your place in line. We have not sold out of tickets on the first day of sale in the four years of my employment. If we happen to this year, I will make arrangements so that anyone who wants to go will be able to go. We want as many who want to, to be able to attend. We are not about excluding! We want everyone to get a chance to see how great it is to be a Lyon County Homemaker!



### **Pretend Store**

**Set-up Date December 7, 2016 - Pretend Store December 8, 2016 – Snow Day if needed December 10, 2016**

Save the date for Pretend Store 2016. In talking with preschool teachers this week, they have let me know as of printing, there are 47 preschool students this year. As always, this number can fluctuate up or down daily as children move in and out of the school system. Now is the time to be buying items to donate for their shopping day. Suggestions to purchase are:

- Girl toys any age
- Boy toys any age
- Infant toys from 0 to age 3
- Teenage girl gifts (nail polish, notebooks, stickers, socks, toboggans, etc)
- Teenage boy gifts (flashlights including batteries needed to operate, gloves, socks, toboggans, etc)
- Female gifts (gloves, perfumes, purses, jewelry, notebooks, etc)
- Men gifts (flashlights including batteries needed to operate, gloves, socks, toboggans, etc)

## March 7-Cultural Arts 2017

Because numbers were down last year in entries from Lyon County, I am giving you ample time to get your projects completed and ready to be entered in to next year's Cultural Arts competition. Please mark your calendars for March 7, 2017 and make plans to finish up those wonderful projects you have started.

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### 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 "The Buzz About Honey" please note that on your Food, Nutrition and Health Report.

### Opportunity Quilt Sales

As you know, we are well underway with selling tickets for the Opportunity Quilt with proceeds to fund the Lyon County Homemaker Scholarship for this year. Thanks to the few who gave of their time on Founder's Day to sell tickets. They sold 121 tickets that day. All told we have sold 415 tickets toward our goal of 1000. If you have not picked up your tickets to sell, please consider helping us reach our goal in the next couple of months. We will likely draw for the quilt in November, but an exact date was not set at last week's council meeting. We only ask that each Homemaker sell 10 tickets (or buy them for yourself). The quilt is great and we are fortunate to be able to use it for this cause. If you need flyers to use with your ticket sales pitch, please stop by the office. We can get you all you need.

### Lyon County Homemakers Opportunity Quilt

\$1.00  
a Ticket



Tickets available at the  
Lyon County Extension Office



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

All proceeds go to benefit the Lyon  
County Homemaker Scholarship Fund

## Lyon County Homemaker Club Corner

Featured this month: Lake Barkley Club

Lake Barkley Club held a yard sale in August. The weather cooperated (for the most part!) and we had a successful sale. The money from the sale will be used to fund our annual donation to the Lyon County High School Scholarship fund as well as others that will be decided as we start our new year.

-Club President Carole Green

Please e-mail your submission for Club Corner to [angie.york@uky.edu](mailto:angie.york@uky.edu) to be added in upcoming newsletters. Help us keep each other informed on all the good work that is happening in your clubs.

## Lyon County Homemaker Newsletter Book Club

Featured this month: "Love Works. Seven Timeless Principles for Effective Leaders" by Joel Manby

As part of the area training held in August, Angie had gotten a grant for the purchase of a book called "Love Works" by Joel Manby and our training was focused around the principles in the book. Joel is the CEO of Herschend Family Entertainment which runs Silver Dollar City in Branson, MO among other entertainment enterprises. When I was still working, I was exposed to a number of programs for effective management, however, this one takes a much different approach and that is that Love Works! The book focuses on the 7 principles of effective leaders. The principles are:

- Patient: Have self-control in difficult situations
- Kind: Show encouragement and enthusiasm
- Trusting: Place confidence in someone
- Unselfish: Think of yourself less
- Truthful: Define reality corporately and individually
- Forgiving: Release the grip of the grudge
- Dedicated: Stick to your values in all circumstances

Submitted by: Carole Green

Please e-mail your submission for Book Club to [angie.york@uky.edu](mailto:angie.york@uky.edu) or have club secretary submit with monthly meeting paperwork so your book review can be added in upcoming newsletters.

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### Book List

Each year KEHA sends out a book list with suggested reading for club members. This year each club member will be given a book list to take home. You are encouraged to read titles from that list and report any of the books you read on your Cultural Arts and Heritage Club Report. There is a change from last year's reporting where you could report any book read. This year you may only report books from the book list. A copy of the book list was also given to the ladies at the Lyon County Public Library who graciously pulled together a section of the books available from the list. Please thank them and show your support by checking out these books from the Lyon County Library and reading them.



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### Genealogy Club

Nancy Minor, Eddyville Club President and Lyon County Homemaker County Secretary, has agreed to lead a new special interest Homemaker club centered on Genealogy. This club will be non-traditional, as in it won't have minutes and a formal agenda, but will allow different club members to share their experiences with gathering information on their ancestors and members will help each other learn and grow within the topic. From time to time speakers may be brought in and activities will be conducted as Nancy and the club members see fit. If you are interested in exploring your family history, please contact the office at 270-388-2341 and let us know. You don't have to have any prior experience before joining the group. This will be a "learn as you go" club. A date will be set for the first meeting as soon as interest in the topic is gauged.

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### Special Committees Currently Being Formed

As an extension agent, I hear all the grumbling when someone doesn't like something that is happening in Homemakers. From my viewpoint, someone is always upset, but there is never a long line of volunteers ready to stand up and make changes. With the new county officers, there have been several committees opened up who need representatives. This is your chance to get involved and give your input about those things that have been

bothering you. We would like to see one representative from each club plus a member-at-large to sit on each of the following committees:

- County Annual Day (Carole Green, Marilyn Reibel)
- Pretend Store (Chair Carole Green)
- Birthday Builders
- Scholarship (Chair Nancy O'Brien)
- Membership (chair Sharon Gates)
- Educational Homemaker Holiday Trips (Chair Gerry Aldridge)
- Homemaker Week 2<sup>nd</sup> week in October (Chair Sharon Gates)

If some of the committees don't sound familiar, don't worry. Club presidents will be sharing more info on each one at your September meeting. Many of these committees already have chairs, but we need to fill each one with representation from all the clubs and members-at-large. Lyon County Homemakers is growing exponentially and we have to hear everyone's voice to make sure we are doing not what is best for one club, but what is best for the organization as a whole. Exercise your voice and volunteer in your club meeting for a role on one of these committees. members-at-large who are interested, please contact Angie York at 270-388-2341 or by e-mail at [anige.york@uky.edu](mailto:anige.york@uky.edu).

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### Nursing Home Project

Nursing Home Project sponsored this month by Sharon Gates and Dixie Utter will focus on a fall project. Halloween is just around the corner. Help create friendly ghost faces on white plastic bottles with a pumpkin greeting tied on with raffia. An easy simple project that will put a smile on our local nursing home residents. No cutting on this project. Come and join us for a fun time. Include this activity on your volunteer hours. No registration required. Thursday Oct 6, 1pm-3pm. Thanks! -Sharon

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### Membership Drive

This month in your Homemaker newsletter you will find a brochure promoting Lyon County Homemakers. As a current member, please take this brochure to a neighbor, co-worker, or friend who is not in Homemakers and talk to them about all the great projects we work on each year. Hang those brochures up at church or at a business you frequent. Invite people to come to a club meeting or to sign up as a member-at-large so they will receive information from the extension office each month. If you need more, please stop by the office. We will be glad to print them. Unfortunately, Extension is tagged as the "best kept secret." We don't want to be a secret. We want to give everyone an opportunity to get in on the fun!

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Sincerely,



Angie York County Extension Agent for Family & Consumer Sciences

## Calendar of Events

### All Wrapped Up Christmas Quilt

Date: September 6, 2016 (5:00pm-9:00pm) or (not both, one or the other)  
September 7, 2016 (9:00am-4:00pm)

Class Size: 12

Cost: **Early Bird Cost is \$5.00 if you sign up by August 31st. If you show up to class your \$5.00 will be returned. Late Registration cost is \$5.00 that will not be returned on the day of class. The last day to sign up is September 2nd. No registrations will be taken after September 2, 2016.**

Supply list will be provided when you sign up.

**Last Day to Sign Up: September 2, 2016**

Don't wait till the last minute to start your holiday wrapping. This gorgeous quilt will make your gift giving a breeze this year. You won't believe how quick and easy this present goes together!



### Paper Crafters

Date: September 12, 2016 (5:00pm)

Class size: unlimited

Cost: Free

Supplies: Supplies will be provided.

**Last Day to Sign Up: September 9, 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!

### Diabetes Awareness Class

Date: September 21, 2016 (12:00noon- 4pm)

Class size: unlimited

Cost: Free

Supplies: Supplies will be provided.

**Last Day to Sign Up: September 19, 2016**

Kelly Dawes, local diabetes educator, will be on hand to give insight into Diabetes and how to get control of the situation. Angie York will offer a low-carb cooking demonstration. Sign-up today and join us for an informative afternoon!

### Homemaker Leader Lesson: Slow Cooking in Fast Times taught by Angie York

Date: September 30, 2016 (1:00pm)

Class size: unlimited

Cost: Free

Supplies: Supplies will be provided.

Join to see new styles of crock pots and learn how they can be used for more than just a roast. Angie York will be sharing new information to help you "rock the crock." You do not have to be a lesson leader in your club to attend this program. If this topic interests you, feel free to join us for the class. Agents travel sometimes over an hour to give these lessons and many times we only have three or four people to attend. In order to keep Homemakers

going as in the past, we need to support these agents by attending programs offered in our county. Please make plans to be there!

### **Paper Crafters**

Date: October 10, 2016 (5:00pm)

Class size: unlimited

Cost: Free

Supplies: Supplies will be provided.

**Last Day to Sign Up: October 7, 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!

### **Quilt as You Go Project**

Date: October 11, 2016 (10:00am-4:00pm)

Class size: 12

Cost: **Early Bird Cost \$5.00 which will be returned to you if you sign up by October 4<sup>th</sup>, 2016. Late Registration cost is \$5 that will not be returned on the date of the event. The last day to sign up is October 7<sup>th</sup>, 2016. No late registrations will be taken.**

Supplies: Supply list will be given when you pay and sign up for the event.

**Last Day to Sign Up: October 7<sup>th</sup>, 2016**

Tracy Cowles, FCS agent in Butler County, will be coming down to teach us the cool trick of quilting as you go. Join us to learn a new concept and make a cute project! Some of you signed up for this class in June and it was cancelled. If you can make it this time, please let us know. If not, we will refund your money from the June class. Hope you can make it!

