Are you getting spring fever? Maybe having a broken knee and not being able to keep house as normal all winter has made it worse, but, I have had the uncontrollable desire to clean out and purge lately. Grant it, my husband would be thrilled if I purged some fabric from my stash, but, that won’t be happening. The rest of the house though is fair game. No closet or drawer is safe. What is it about getting rid of things that gives us the sense of accomplishment and renewal? Sometimes it just feels good both physically and emotionally to declutter. As I get my house cleaned up and back in order, I can’t wait to see what new thing will grab my attention or “flow into my space.” What part of your life is weighing you down? No time like spring to clean-up, clean-out, and open up for the next opportunity that flows your way!

Congratulations!

I am overjoyed at the number of entries and the number of ribbons that were received by Lyon County Homemakers at this year’s Cultural Arts Event. All together we have 43 entries with 22 blue ribbons, 6 red ribbons, and 3 white ribbons. Congratulations on everyone’s hard work!

Evette Stewart-Blue
Sharon Gates-Blue
Elizabeth Longbrake-4 Blue ribbons
Kathy Sims-3 Blue ribbons
Ruth Palmiter- Blue
Carolyn Travis-Blue
Judy Garrett-2 Blue Ribbons
Christy Stephens-3 Blue Ribbons
Shirley Greene-Blue
Susan Lambert-4 Blue Ribbons
Linda Smith-Blue

Evette Stewart-Red
Mary Peek-Red
Marilyn Terry-Red
Ruth Palmiter-Red
Christy Stephens-Red
Shirley Green-Red

Sharon Gates-White
Brenda Georgan-White
Susan Lambert-White

Your items are now available for pick up at the Extension office. If you received a Blue Ribbon I would like to take your item(s) to state competition on May 1, 2017.
Blue Ribbon Winners: If possible, please be at the Lyon County Extension Office on April 24th, 9:30 AM for a group picture of the artists and items that will be going to state competition. Then please leave your items with me at that time for tagging and packing for transportation.

Save the Date

Mark your calendars for our next County Annual Day set for June 22, 2017 at 10:00. There will be a $1.00 registration fee that has to be paid by June 16, 2017. That means you have 77 days from now to stop by and sign up. Don’t let time slip away from you! Agricultural Agent, Susan Fox, will be sharing her presentation on container gardening. Don’t miss out on a fun day! More details to come.

Homemaker History Project

Have you been in the Lyon County Homemakers for a few years? If so, we need your help. Kristy Dunn and crew have taken on the task of sorting through a few boxes of Homemaker pictures, some dating back into the 1950’s. Many of the people in the photographs have not yet been identified. If you would be willing to help figure out our mystery Homemakers, please call the office and let us know. A date will be set for a workday and all those interested can get together to reminisce and look through years of Homemaker history. If you have pictures, newspaper articles, or other Homemaker memorabilia you would like to donate for the historical album that is being created, we would love to have that as well. Looking forward to getting together and looking into our past. Please call 270-388-2341 to let us know if you are interested.

Exciting Opportunity for Lyon County

Have you ever read in a magazine or seen on TV where a product, drug, or item makes a statement like, “according to the research, such and such item lowers the risk of _______?” Have you ever thought to yourself, “who participates in that research,” or “how do you get an opportunity to be in a study like that?” Well, as luck would have it, you have an opportunity in your own back yard. That’s right, at the Lyon County Extension Office we will be testing factors that could help you age more gracefully and with purpose. This study is for anyone over the age of 18 and will last for one year. Starting in April of 2017 participants will be asked to attend one meeting per month for 12 months. Each meeting will cover a topic included in the “Keys to Embracing Aging Curriculum” designed by researchers at the University of Kentucky. Evaluations completed by participants will be included in a joint study being completed by the University of Kentucky and Kansas State University. This project will be taken very seriously and those wishing to participate will need to commit to being available at each of the 12 meetings and completing the tasks each month. Without full cooperation and participation the results of the study will not be as comprehensive. The lessons taught each month are fun, interactive, and will allow participants to take away information (and goodies) that will help them learn how to “embrace life as you age.” This project is being funded by USDA. If you are interested in being a part of this unique opportunity, please contact the Lyon County Extension Office by March 31, 2017 to sign up. The meeting dates are:

April 25, 2017 October 24, 2017
May 23, 2017 November 17, 2017
June 27, 2017 December 15, 2017
July 25, 2017 January 23, 2018
August 22, 2017 February 27, 2018
September 26, 2017 March 27, 2018

The classes will meet from 4:15 until 5:45 each month at the Lyon County Extension Office. Please make sure you are available on all the dates before signing up for the research study. Light refreshments will be provided each meeting. For more information please contact Angie York, Extension Agent for Family and Consumer Sciences, at 270-388-2341.
Homemaker Spring Seminar

Mark your calendars and prepare to join us for another exciting Spring Seminar. This year we will be traveling the globe and learning more about the Countries of China, Czech Republic, Haiti, Ghana, and Germany. Please see the flyer for all the needed information. The last day to sign up for the event is April 7, 2017. No late registrations will be accepted. The cost is $12.

Pennyrile Homemakers Hit the Road

Mark your calendars now and save the dates of July 19 and July 20, 2017 to join me and the other Pennyrile Area Agents and Homemakers on an overnight trip to Frankfort Kentucky. We have a jam packed two days of tours, food and fun planned.

Here’s the scoop: (please note I am trying to explain this as uncomplicatedly as I can) (that being said, please call me if you have questions).

For the first 32 Lyon County Homemakers who sign up to attend the trip I will be providing transportation. I had a small pot of funding still available to pay for that many people to go with no transportation costs. That does not mean others can’t go, you will just be responsible for your own transportation. You will be able to follow the bus and do everything else with the group. Because there has to be a limit with the bus, we will have trip sign up day on May 5, 2017 beginning at 8:15 in the morning. To be fair to everyone, you must be in line to pay for yourself only. When the 32 spots are gone, others again, are still able to come with the group, but will have to provide their own transportation. Clear as mud? Now let’s talk hotel rooms.

This is an overnight trip. We will be staying at the Hampton Inn in Frankfort KY. Because we are going as multiple counties with multiple Homemakers, we have decided to let each person/group attending the trip to book their own rooms (again, if this seems confusing just call me, we will work it out). Here are the prices:

- Single person in a room $127.83 each
- Two people in a room $63.92 each
- Three people in a room $42.61 each
- Four people in a room $31.96 each

So how does this work? Let’s say four people Sue, Sally, Sarah, and Sandy, all want to go on the trip and room together. Sue is the group leader so she calls the hotel at 1-502-223-7600 and tells the person answering the phone that she needs to make a reservation under a group reservation for July 19, 2017. The hotel clerk will ask for the group name and Sue will say the Pennyrile Area Homemakers from the University of Kentucky. The hotel clerk will look up the group and say “let me get your information” and Sue gives them her name, address, and payment information. The hotel clerk will say your total will be $127.83. Sue will get her room confirmation number. Then Sue will call Sally, Sarah, and Sandy and say “you each owe me $31.96 for our room on the Pennyrile Area Homemaker trip.” The three girls will pay Sue and your reservation process is complete. The same process will be used if you want to stay 1, 2, 3, or 4 to a room. Please make note that only Sue called to make the reservation. If Sue, Sally, Sarah, and Sandy all called then they would have four rooms and would each be paying $127.83. Still clear as mud? There’s more........

The actual cost of the trip for Lyon County Homemakers (and let me stress Lyon County only
because I am providing transportation for the first 32) is $11. That will cover all the tours we will be taking.

Some feedback from other Homemaker trips that we took to heart was about having predetermined food options. Because some people only eat a little and others want more, it can be difficult to make everyone happy when scheduling eateries. For that reason, we are only eating at local restaurants that allow you to choose what you want off the menu even though we will have a large group. The downside to this is everything will have to be cooked when ordered which will make eating times longer. Please be prepared to wait and be patient when we are at the restaurants. So let’s recap,

- Cost of the trip for Lyon County Homemakers-$11.00 payable to Lyon County Homemakers on the day you sign up for the trip
- Cost of Hotel is determined by you and the number of people traveling in your group. Talk to your friends and see who wants to go. This really will be fun! Plan to make a group outing.
- Meals will be paid on your own as you want to order.
- Sign-up day for the 32 free transportation slots is May 5, 2017 at 8:15.

The full itinerary is below:

July 19, 2017
6:00 AM CST –Leave from Lyon County Extension Office
8:15 AM CST- Bathroom Break at Litchfield Exit-West Kentucky Parkway
11:15 AM EST-Arrive at Kentucky State Capitol-700 Capital Avenue, Frankfort, KY 40601
11:30 AM EST-Lunch in the Capitol Restaurant
1:00 PM EST-Guided Tour of Capitol Building
3:00 PM EST-Load Bus for Rebecca Ruth Tour
3:30 PM EST-Rebecca Ruth Candy Factory Tour-116 East 2nd Street, Frankfort, KY 40601
4:45 PM EST-Load Bus for Hotel
5:00 PM EST-Arrive at Hampton Inn for hotel Check-in- 1310 U.S. 127 South, Frankfort KY 40601
5:45 PM EST-Load Bus for Dinner
6:00 PM EST-Arrive at Jim’s Seafood and Steak House-950 Wilkinson Blvd, Frankfort, KY 40601
8:00 PM EST- Load bus for driving tour

July 20, 2017
8:15 AM EST-Complete hotel check out and load bus
8:30 AM EST-Leave Hotel for Governor’s Mansion
9:00 AM EST-Governor’s Mansion Tour- 700 Capitol Avenue, Frankfort. KY 40601
10:15 AM EST-Load Bus for Old Capitol Tour
10:30 AM EST-Old Capitol Tour- 100 West Broadway, Frankfort KY 40601
11:30 AM EST-Lunch on your Own in Downtown Frankfort
- Suggested restaurants include:
  Buddy’s
  Magee’s
  Gibby’s
  Kentucky Coffee Tree Café
  My Saigon
  Sarafini
  Rick’s White Lightening

These restaurants plus shopping and other local tours are all within the downtown walking area. Participants will have 3 hours to eat, shop, or take in an unscheduled tour before loading the bus.

2:30 PM EST-Load Bus for Outlet Shoppes of the Bluegrass- 1155 Buck Creek Rd. Simpsonville, KY 40067
3:00 PM EST-Arrive at Outlet Shoppes of the Bluegrass
5:00 PM EST-Load Bus for Trip Home-231 Main Street Benton KY
6:15 PM EST- Arrive at Shoney’s in Elizabethtown, KY for dinner -1046 Executive Drive Elizabethtown, KY 42701
7:30 PM EST-Load Bus for Home
9:00 PM CST-Arrive at Lyon County Extension Office
231 Main Street, Eddyville, KY 42038

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

Sewing Machine Protocol

Because of high demand on Extension owned sewing machines, you will now have to call ahead when needing to borrow a machine for a quilting or sewing class or during quilt club. The office only has a few machines and it has come to my attention there have been some issues recently when those have needed to be borrowed. If you don’t have a machine or cannot transport your machine, please call the office at 270-388-2341 and let staff support know the date and class for which you will be needing to use ours. We will log those calls first come first serve. I apologize for any inconvenience this may cause and I will continue to purchase more machines for us to use when possible.

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Paper Crafters
Date: April 10, 2017 (5:00pm)
Class size: unlimited
Cost: Free
Supplies: Supplies will be provided.
Last Day to Sign Up: April 7, 2017

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!

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Homemaker Spring Seminar
Date: April 21, 2017 (10:00am)
Class size: unlimited
Cost: Free
Supplies: Supplies will be provided.
Last Day to Sign Up: April 7, 2017

See flyer in Newsletter for details. Please note, registration begins at 9:30 on the day of the event.

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Homemaker Leader Lesson-Essential Oils
Date: April 25, 2017 (10:00 am)
Class size: unlimited
Cost: Free
Supplies: Supplies will be provided.
Last Day to Sign Up: April 24, 2017

Please join FCS Agent Katherine Jury as she gives us the scoop on all things essential oils. Even if you are not the leader please feel free to attend the meeting and learn more about this hot topic. Oils are popping up everywhere so come see what they are all about.

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KEHA state meeting May 1-4, 2017, Owensboro, KY

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Paper Crafters
Date: May 8, 2017 (5:00pm)
Class size: unlimited
Cost: Free
Supplies: Supplies will be provided.
Last Day to Sign Up: May 5, 2017

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!

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Master Clothing Volunteer Sew Simple Workday
See attached Flyer for all details
Last day to sign up: April 27, 2017
SEW SIMPLE

UPCYCLING MEN’S SHIRTS

May 9, 2017
Spring Edition
1025 U. S. Hwy. 62W
Princeton, KY 42445

Cost $10.00
Caldwell County
Extension Office

9:00 to 2:00

For this class you will be responsible for bringing your own supplies. To make the tunic, you will need a man’s button down shirt that is larger than what you would normally wear. You will also need a stretch knit t-shirt or tank top that fits. To make the apron you will need one man’s button down shirt. In addition to the supplies on the list, you will need basic sewing skills, sewing supplies, a sewing machine, and a sack lunch. Patterns will be provided on the day of the event.

The last day to sign up for the event is April 28, 2017. Please sign up at your local extension office.

SPONSORED BY THE PENNYRILE AREA MASTER CLOTHING VOLUNTEERS