I don’t often find myself at a loss for words, but I have found writing this month’s newsletter to be difficult. While February is supposed to be the month of showing love to one another, many of your neighbors in my home community have broken hearts. We often watch the news and see horrible tragedies happen all over the world, but never in our own back yard. While the unthinkable has happened, I find myself blown away by the community support from neighboring counties and all across the nation. In January I asked each of you to consider using the year ahead to “be the good” for those around you. I am happy to say that those around me have certainly heeded that call and have helped my family tremendously as we have had to find our new normal. We can’t thank you enough for your words of encouragement, prayers, calls, texts, e-mails, and cards to help us cope with all that happened on 1.23.2018 and the days that followed. I am so happy to work in an environment where there are people who know how to “be the good” for their own community and beyond. I look forward to watching you continue to play out that mantra in the weeks and months ahead.

-Angie

When I introduced the Little Hats, Big Hearts project last month I was expecting to get a few hats to be delivered to Western Baptist for the babies who are staying in the NICU. I should have known better. I delivered 237 knitted and crocheted hats as well as 15 crocheted critters to WBH. To say the least, the nurse on duty was surprised and delighted to receive so many donations for their little ones. Thank you so much to those of you who worked so hard to make this project a success.

Save the Date

Mark your calendars now for the Homemaker Area Spring Seminar. Don’t miss out on learning all about Kentucky Proud products available in our area. The cost of the event is $12 and that must be paid in the Lyon County Extension Office by March 9, 2018. No late sign-ups will be accepted. Please don’t call and ask to be the
exception. It puts staff support in the awkward position of having to say no. Mark March 9, 2018 on your calendar today so no one will be left behind as we learn all about Kentucky Proud products!

Cultural Arts 2018

Hopefully you are almost done with all the great projects you will be bringing for Cultural Arts 2018. The event will take place on March 9, 2018 at the Christian County Extension Office in Hopkinsville, KY. Please note, because of scheduling conflicts, if you are sending your cultural arts project by me to the competition, I will need your items in the Lyon County Extension Office by Monday March 5, 2018. This date is non-negotiable as I will be out of town the remainder of the week and have to get everything tagged and ready for judging. Please mark your calendars in order to get your items to me on time. If you plan to take your own items to the Christian County Extension Office on the day of the event, please stop by the office beforehand and pick up your tags. All items need to be tagged before they get to the competition on the day of the event. If you have questions about this, please don’t hesitate to call the office at 270-388-2341.

Magazine Swap and Book Library

We have many new Homemakers this year so I want to take this opportunity to share with you about our Library at the Extension Office. We have several books and magazines that have been left by our members for others to enjoy. Please take a minute when you are in the office to grab a book and a few magazines to take with you.
Vision for Kenya
An International Project

Each year in Homemakers we make it a point to engage in programs that help to open our “eyes” to other cultures. This year the County Homemaker Council voted to work collectively, all clubs and members-at-large, on a project called Vision for Kenya. It has been said of the program, “The Vision for Kenya program has received so many accolades from local and national government that Kenya’s Ministry of Health has identified Vision for Kenya’s “eye camps” as one of their national strategies to eliminate preventable blindness by the year 2020. In a country that has only 60 ophthalmologists nationwide, eye care is a huge national issue – and our ministry pairs that human need with gospel proclamation. Over the course of this strategic partnership relationship, we see communities getting healthier and local churches growing.” Now, what does that mean for us in Lyon County? The program needs our help by making fabric eyeglass cases to hold the glasses given to the African people through this project. The Council set a goal of making 2000 eyeglass cases to send to Vision for Kenya. Now I know that sounds like a lot........but........these are very easy to make and we have all the items needed here at the Extension Office to make the cases. Here’s what you need to know:

Eye glass case work day: March 29, 2018
Time: 9:00 AM to 4:00 PM
If you sew: bring your machine, neutral thread, and basic sewing supplies
If you don’t sew: bring your scissors to help cut, or plan to help iron.

We need all hands on deck to make this program a success. We should be able to make several 100 cases on our work day, but would like to see everyone who can take home patterns and fabrics to sew at home and help us reach our goal of making 2000 eyeglass cases. If you have questions about the project please call the office at 270-388-2341.

Calling All Quilters
2018 KEHA Quilt Square Auction

The KEHA Quilt Square Showcase and Auction will continue for the sixth consecutive year at the KEHA State Meeting. Anyone wishing to participate should make and donate for auction a 12” finished quilt square. (Finished means piece the square, put in the batting, put on backing and finish the edges just like you would a complete quilt) This special showcase is an opportunity to highlight quality work from KEHA members across the state. As you prepare your quilt square, consider designs that you would want to purchase. Please write your name and county name on a small slip of paper and attach to the back side of the square. All squares must be turned into the Lyon County Extension Office by Friday May 4, 2018 for transportation to the state meeting.

Office Policies

This is a gentle reminder that when you use the Lyon County Extension office for a meeting it is in our meeting room policies that everything in the meeting room be put back as you found it and you must clean up the kitchen after your meetings. Recently after a meeting there were dirty dishes, plastic fruit containers, and various coffee items left in the kitchen and tables had not been moved back to their original position in the meeting room. Luckily I was in the office that day to clean everything up and move the furniture. Most often though, I am out teaching or training when Homemakers meet. If this would have been left for another agent to clean, we would likely lose our meeting room privileges. Please double check after your meetings to make sure the office is nice and neat. We really appreciate your cooperation in this matter.
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.

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Sincerely,

Angie York

Angie York County Extension Agent for Family & Consumer Sciences

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Calendar of Events

Paper Crafters
Date: February 12, 2018 (5:00 PM)
Class size: unlimited
Cost: Free
Supplies: Supplies will be provided.
Last Day to Sign Up: February 9, 2018

Come join our group as we learn new and fun techniques to create works of art with paper. Each month is a new project. Don’t miss out on the latest one!

Pinterest Interest: Jewelry Edition
Date: February 13, 2018 (5:00 PM)
Class size: unlimited

Cost: Free
Supplies: Supplies will be provided.
Last Day to Sign Up: February 9, 2018

Join us in February for our Pinterest Interest meeting where each month we make an “as seen on Pinterest” item. This month Joyce Kostas will be showing us how to upcycle nail polish to make very cute and stylish jewelry. See picture below for one example. **To sign up for the February meeting call by February 9, 2018. No late registrations will be taken.** We have to purchase supplies ahead of time.

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Altering and Hemming Bought Clothes
Date: February 16, 2018 (10:00 AM)
Class size: 10
Cost: Three items of canned food to be donated to the food bank.
Supplies: You will need to bring an item that you bought but does not fit you like it should.
Last Day to Sign Up: February 12, 2018

Master Clothing Volunteer, Kathy Hilkey, will be on hand to teach the basics of altering bought clothing to fit your body style. To be a part of this class there are some requirements that you must submit before attending.

- The first 10 people who call will be able to bring an item that will be used as an example and will be pinned and possibly sewn during that class time.
- After the first 10 people, you are welcome to come watch, but will not be able to submit an item for alteration.
- If you are one of the first 10 people to call you will need to submit the problem area you are experiencing with bought clothing.
For example you might say “waist gaps in the back of my pants” or “shirts are always too tight in the arms.” Kathy must know this information in advance so she can make sure to have the correct tools and information for the specific issue.

Please call the office if you have any questions about the process for signing up to attend this class. 270-388-2341

The Art of Bread Baking: Scones
Date: February 23, 2018 (2:00PM)
Class size: unlimited
Cost: Three items of canned food to be donated to the food bank.
Supplies: Supplies will be provided.
Last Day to Sign Up: February 21, 2018

Join me in the kitchen for a lesson on baking quick breads with the best part being the taste testing! Scones are a very rustic bread that is surprisingly easy to make. Don’t miss out on the fun....or the food!

Keys to Embracing Aging Research Project
Class #11 Sleep
Date: February 27, 2018 (4:15pm)
Class size: unlimited
Cost: Free
Supplies: Supplies will be provided.
Last Day to Sign Up: February 23, 2018

Part eleven of the 12 month series, Keys to Embracing Aging, will cover “Sleep.” Participants will be challenged to look for ways to get additional rest. You do not have to be present at all 12 classes for your information to be counted in the research study. Hope to see you in February!

This will be our last Dog Bed Workshop so let’s make this one count. A recent OSHA inspection has determined that we cannot store our fabric scraps in the same manner in my closet. So that means we need to sew like the wind to make as many beds as possible before I have to donate the rest of the fabric scraps. If you don’t sew, please join us and help to cut, iron, or stuff the bags. This is always such an enjoyable day and the best part is we are making a difference in the lives of some super cute critters at the Mary Hall Rudiman Shelter. Hope to see you then!

Upcycled Pillows
Date: March 6, 2018 (10:00 AM) or (5:00 PM)
Class size: 10 people per session
Cost: $4.00
Supplies: You will need to bring your sewing machine, basic sewing supplies, and one polo type or button down dress shirt in at least a size large or extra large
Last Day to Sign Up: March 2, 2018

I can’t wait to show you this cool technique for upcycling shirts. This is great as a memory project to use the shirts of a loved one who has passed away. I have to purchase supplies for this class so please be aware of the last day to sign up, March 2, 2018. There will be no late registrations taken.
Homemaker Leader Lesson: Gardening in Small Spaces
Date: March 6, 2018 (1:30pm)
Class size: unlimited
Cost: Free
Supplies: Supplies will be provided.
Last Day to Sign Up: March 2, 2018

Join Agent Ashley White as she shares with us some secrets of gardening in small spaces. Often as we get older we don’t want or have space for a large garden, but we might be able to find a spot for a container or two. You do not have to be the leader lesson to attend. If the topic interests you, be sure to come and join us for a great class.

Paper Crafters
Date: March 12, 2018 (5:00 PM)
Class size: unlimited
Cost: Free
Supplies: Supplies will be provided.
Last Day to Sign Up: March 9, 2018

Come join our group as we learn new and fun techniques to create works of art with paper. Each month is a new project. Don’t miss out on the latest one!

Pinterest Interest: Pallet Projects
Date: March 13, 2018 (5:00 PM)
Class size: unlimited
Cost: Free
Supplies: Supplies will be provided.
Last Day to Sign Up: March 9, 2018

Join us in March for our Pinterest Interest meeting where each month we make an “as seen on Pinterest” item. In March Angie York and team will be showing us how to upcycle pallets to make stylish projects for the home. To sign up for the March meeting call by March 9, 2018. No late registrations will be taken. We have to purchase supplies ahead of time.

Contemporary Rug Hooking
Date: March 15, 2018 (10:00 AM-2:00 PM)
Class size: 10
Cost: Three canned food items to be donated to the food bank.
Supplies: You will need to bring a 10 or 12 inch embroidery hoop. All other supplies will be provided.
Last Day to Sign Up: March 12, 2018

If you have never tried rug hooking, join us for the day to learn some fun techniques to create a scrappy project that will certainly clean out your scrap bin. In contemporary rug hooking different types of yarns, ribbons, and other strip materials are used to make trendy and chic projects to wear or for home use. This class has a limited number of spaces so make sure to sign-up early. The last day to sign up is March 12, 2018.

Winter Weather Policy
While the weather has been mild so far, I always want to err on the side of caution this time of year. 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.