Some Covid-19 Light Heartedness

We all need to enjoy a laugh these days and I have to admit, when I found this Covid-19 limerick contest sponsored by the Star Tribune, I had a few good belly laughs. Here are a few of my favorites. —Angie

The great meals my lady does serve  
Are way better than what I deserve  
I eat them all but  
When I look at my gut  
I have failed to flatten the curve

Written by John Annen

My wife, with no ifs, ands or buts,  
Was quick to make face masks for us  
And when C-virus stops  
She’ll be quick too to shop  
For new bras to replace those she cut.

Written by Ross Plovnick

I used up my last roll today.  
There seems to be no other way.  
Because of the hoarders  
And the governor’s orders  
My Waterpik’s now my bidet.

Written by Doug Denham

End of Year Reporting

Are you wondering why I haven’t been nagging you about getting me your volunteer hours this June? Don’t worry, I will still be asking and reminding you to get them in, the deadline has just been moved for this year. With the complications of Covid-19 the due date for me to get everything to the state is in August. That means you have the month of July to make sure you get all your volunteer hours tallied and reported. I am sending a volunteer hour log with this newsletter just in case you have lost yours. Feel free to make copies at home if you need more or call the office and we can send you more. It will be easy for you to say that you haven’t done much this year because we spent so many months at home. Don’t forget these hours started on July 1, 2019 and end June 30, 2020. I know before the quarantine you were very active and have many things to report. Please don’t let our paperwork suffer this year because of this mean old virus. Get out those calendars and start writing! I need your volunteer hours returned to the office by July 31, 2020. Your club presidents will soon be getting in touch with you in order to complete the other reports so be looking for that as well. To get me your volunteer hours, please e-mail to angie.york@uky.edu or place them in the mail to Angie York, PO Box 36, Eddyville, KY 42038 or
drop them in the drop box next to the side door at the office.

**Special 4-H Project**

Since March, on my personal time, I have made and given away more than 300 cloth face coverings. It has been a great way to keep my head and hands busy while promoting the message of safety coming from our researchers at UK and from the CDC. In working to make schools safe for children this fall, there will be many parts of the school day when children will be required to wear a mask both at school and on the school bus. All children in the 4th and 5th grades at Lyon County Elementary school are automatically a member of their classroom 4-H club. In thinking about all this information, I want to invite the Homemakers to help me make each member of the 4th and 5th grade classrooms a mask using 4-H fabric. This is a great way to promote the 4-H program as well as offer the students something they are going to need and many may not be able to afford to purchase.

More than just a mask.....I would like to use the embroidery machines at the office to put each child’s name on their mask in order to keep students from getting them mixed up throughout the day. That would mean embroidering and making somewhere around 120 masks. This is something I can’t complete on my own, and am very limited in the number of people who can come into the office.

So......please let me know if you are willing to help. I have set aside the week of July 20 through the 24 to do the embroidery work and before that can happen, they all have to be cut out and partially stitched before they are ready to go through the machine. In order to get everyone up to speed on the pattern and how it works, I am going to do a face mask tutorial by Zoom on July 8, at 2:00 PM. I will demonstrate the process from start to finish. After seeing how it works, if you are willing to help, please let me know which piece you are comfortable completing (cutting, sewing, embroidery, etc.). Once I know who is available I can make a socially distanced schedule for drop off and pick up of supplies.

This is a huge undertaking in a short amount of time, but if anyone can do it, I know the Lyon County Homemakers can. I will send all the Zoom information by e-mail so it will be available for you to click on the link to join. As always, if you would like to learn to use Zoom, please let me know. I will be glad to help you figure it out! Please contact me in any of these ways: E-mail: angie.york@uky.edu
Office Phone: 270-388-2341
Cell Phone: 270-703-0057
If you call either number, please leave a message and I will get back to you ASAP.

**Current Office Policies**

I wanted to pass along the policies and procedures currently in place for reopening local Extension Offices. The following statements are the guidance that is in effect until July 31, 2020 but is subject to change as necessary to keep everyone safe.

- Offices are open by appointment with clientele.

- Anyone coming to the Extension office for a scheduled appointment must wear a mask. If you don’t have one, a mask will be provided for you.

- We will continue to provide services through contactless methods whenever possible as currently recommended.

- Signage will be provided on doors and at counter for clients with guidance on social distancing or other policies to facilitate this. Social distancing must be maintained in the waiting area, including outdoors if needed. It may be advisable to ask clientele to wait in vehicles until instructed to come to the front door.
• Notices that encourage hand hygiene will be posted at the entrance to the workplace and in other workplace areas where they are likely to be seen.

• The office will be carefully sanitized any time a common area is used. Each employee will be responsible for sanitizing before and after each use.

• We will frequently clean high-touch areas, including tables, workstations, keyboards, telephones, handrails, door handles and knobs, light switches, countertops, desks, faucets, sinks, etc. according to the CDC guidelines.

We thank you so much for bearing with us while we navigate these uncharted waters.

**Practicing Kindness Can Help Heal a Broken World**

Source: Kerri Ashurst, senior extension specialist for family and relationship development

2020 has been a tough year, as Americans have faced many challenges. As a result, many of us are experiencing emotional, mental, physical and financial struggles. We need kindness more than ever.

Kindness is any act you do that benefits others. Research shows that people who help others in various ways are happier and have an overall better feeling of well-being than those who don’t practice kindness.

Kind acts do not have to take up much of your time or cost you a lot of money. They can be as simple as calling your friends and family to check on them, running an errand for an older neighbor, or letting someone with only a few items check out in front of you at the grocery store when you have a full cart.

You can be kind to others by listening to them, if they come to you with their problems. While you may not feel like the best person to lend support, rest assured that you are the person they choose to confide in. That shows trust.

Extend kindness beyond the reach of your immediate contacts by doing good deeds for complete strangers. You can pay for the person’s order behind you in the drive-thru. You can offer to purchase or provide a nutritious meal for a person who is experiencing homelessness. Donating items, time or money to a charity of your choice is always a good way to practice kindness.

This year, with its deep divisions, has challenged us to take a look deeper into ourselves and review our values, morals and priorities. This makes kindness even more essential than ever. Be kind to others and be willing to listen to them, even if their opinion differs from yours. Be respectful, open-minded and try to understand their perspective.

While kindness may not magically fix all of the world’s problems, it certainly will help start the process.

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
County Extension Agent for Family & Consumer Sciences
Workshops and Webinars

Mark your calendars for some fun and educational Zoom meetings this month.

Links to Zoom meetings will be e-mailed to all Homemakers who have submitted their e-mail address on the beginning of the year contact sheet. If you have e-mail but are not receiving my Zoom information, please let me know in any of these ways: E-mail: angie.york@uky.edu
Office Phone: 270-388-2341
Cell Phone: 270-703-0057
If you call either number, please leave a message and I will get back to you ASAP.

Getting Fancy with your Pantry

Join Cecelia, Jill and I in part two of our three part pantry webinar series. In this webinar we will learn a no-recipe method for making a fancy meal using the staples you have in your home pantry.

July 7, 2020 by Zoom
2:00 PM

4-H Face Mask Tutorial

Join in to see the pattern and process for making masks for the 4th and 5th grade students at Lyon County Elementary School

July 8, 2020 by Zoom
2:00 PM

Longarm Machine Quilting

You have finished piecing a quilt top. Now, what are you going to do with it? Hop on to this Zoom webinar to learn more about long arm quilting, domestic machine quilting, and quilting by hand. I will be demonstrating the long arm process on my machine. Come join me in my sewing room and learn more about the world of quilting.

July 16, 2020
2:00 PM

Foundation Paper Piecing

Are you looking for a way to expand your quilting repertoire? Join me to learn this “paint by number” method for making quilt blocks. Foundation piecing allows quilters to make beautiful points and great pictures with fabric. Don’t miss out on this fun webinar.

July 27, 2020
10:00 AM

Beat the Heat with Frozen Treats

Do you love ice cream? Is your mouth watering just thinking about a milk shake or a Popsicle? Join us for this tasty webinar where we will learn more about different small appliance options to help us cool down on these hot summer days.

July 29, 2020
10:00 AM