June

What does a mother do when her son is soon to leave for 5-weeks during the summer? Get busy! That’s what! I can’t stop too long to think about how he is almost ready for college, or how much I am going to miss him, or how many tears will fall this June. So I will keep busy enjoying the sunshine, working in my garden, and sneaking in some quilting. I will also be busy at work planning for fiscal year 2019 with Homemakers. How will you keep busy this summer? Make sure to look around and see what opportunities might be calling you to “be the good” this month.

Thank you

I want to say a huge THANK YOU to all of you who helped to make the 4-H communications day a huge success. We had plenty of food, paper products, and most of all “hands” to help make the night a great success. Your efforts are greatly appreciated.

On a side note, we still have two dishes in the kitchen with no names on the bottom. If you brought food donations but have not yet picked up your dishes, please stop by the office the next time you are in town.

Homemaker County Annual Day

County Annual Day is set for June 21, 2018 at the Lee S. Jones Convention Building (big building). The planning committee has been hard at work to bring you a day you won’t soon forget. The cost for the event this year is $3. You payment is due in the Extension Office by Friday June 15, 2018. **No late sign-ups will be accepted.** Please
mark your calendar accordingly. Because we are ordering food this year, we cannot sway on this! Here’s what you need to know for the event:

- BBQ and drinks will be provided.
- Eddyville is in charge of bringing potato salad.
- Fairview is in charge of bringing desserts.
- Lake Barkley is in charge of baked beans.
- Members-at-large please bring a dessert.
- Saratoga is in charge of bringing slaw, buns, pickles and onion slices.

(Please talk with your Club president or County Annual Day representative about how you want to approach bringing your item(s).)

- Eddyville-Registration
- Kitchen-Lake Barkley
- Fairview-Clean-up Crew
- Saratoga-Decorations

There will be no auction at this year’s event. You only need to come with a smile on your face and a willingness to have a good time. I look forward to having a hoot with you!

**Vision for Kenya**

**An International Project**

UPDATE! We currently have 856 eye glass cases made. If you would like to sew at home, patterns and fabrics are available at the Extension office. Please consider helping us to reach the goal of making 2000 eye glass cases. Please look through your fabric stashes at home. If you have fleece fabric that you could donate, we can use that to make the cases really quickly. If you have questions about the project please call the office at 270-388-2341.

**Pinterest Interest Volunteers Needed**

While September may seem like a long time away, it is now when all the planning for fall meetings start taking place. The new Homemaker Pinterest Interest club has been a huge success and much of that success can be attributed to the wonderful guest teachers that are featured each month. In trying to keep with the times, we are using Pinterest as a source for trendy ideas that fit within the traditional Home Economics programming. If you have a talent that needs to be shared and a passion for teaching others, please talk with me about teaching a Pinterest Interest class in the new Homemaker year. We would love to see new and varied ideas on next year’s calendar, and that begins with you!

**On the Road Again**

I just can’t wait to get on the road again, and travel we will this summer. The next Pennyrile Area Homemaker Trip has been planned and all that’s left is for you to stop by and sign up. Please read all the information about the trip carefully and make your plans accordingly. Don’t miss the bus!

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).

The Pennyrile Area Homemakers will be visiting **Georgetown, Kentucky on July 18 and 19, 2018**. This is an overnight trip with two full days of tours, food, and fun. There’s also a little shopping thrown in for those who are so inclined.
The trip for LYON COUNTY HOMEMAKERS will cost $19. I am providing the transportation costs for you. Please, if you talk with Homemakers from other counties (remember, this is an area trip, all nine counties will have the opportunity to send people), don’t try and convince them they have been told the wrong price for the trip. They have to pay more because their agents are not providing the bus cost for them.

No food costs are provided in this $19 fee. You will be responsible for the cost of your food at each of our meals and stops.

You must call and book your own hotel room. You are responsible for paying for your hotel room. The cost for the room is:

- Single person in a room $148.50 each
- Two people in a room $74.25 each
- Three people in a room $49.50 each
- Four people in a room $37.13 each

We will be staying at the Hampton Inn in Georgetown. When you call, ask for the block of rooms under the name “Pennyrile Homemakers.” Please make sure that only one person per room calls to reserve your room. Please don’t call the hotel and try to negotiate other pricing with them. We are going during horse racing season and hotel rooms are hard to find and their prices are astronomical. I have worked with the hotel to get a hugely discounted rate already. The price you see above is the price with tax included. If you call to make your reservations and have issues please let me know. I will be glad to call the manager back and do what I can. The phone number for Hampton Inn is 502-867-4888.

Many of the things we are doing are out on farms or in fields and the tour guides have asked that we encourage our Homemakers to dress appropriately. They do not recommend white Sunday clothes and they highly encourage shoes that you do not care if they get wet or muddy. This likely won’t be an issue, but we can’t control if it will rain the day before we go.

For your $19 you will be touring:

- Old Friends Farm for Retired Thoroughbreds
- Yuko-En Gardens
- Ward Hall
- Bi-Water Farms
- Equus Run Vineyards

A full itinerary will be given to you when you sign-up and pay your fee. You will also be required to fill out an updated participant information form to be able to go on the trip. That paperwork will be available when you sign up. We have a jam-packed two days, but I know it will fun. The last day to sign up for the trip is June 25, 2018. No late sign-ups will be accepted as we are selling our extra bus seats to other counties.

Fitness Goal Setting

Source: Natalie Jones, UK physical activity program coordinator

You may have recently made a decision to get healthier but may not know where to start. Adding physical activity to your routine is a great way to improve your mind, mood and body.

Adults need 150 minutes of physical activity each week. While this may seem overwhelming, you can split up over the week, but keep it in 10-minute segments. Set an appointment and keep it with yourself each day to ensure you meet this goal.
Now that you are determined to increase your physical activity. Think about your health goals and how increasing your movement will help you achieve them. Remember to set SMART goals or ones that are specific, measurable, attainable, relevant and timely.

A specific goal should clearly spell out what you want to achieve, where it will take place and the time period. An example of a specific goal is walking for at least 30 minutes, in your neighborhood, five days a week.

Once you’ve decided on specifics, figure out how you will measure your progress. You need to think about amounts of activity and the length of time.

Often, we want immediate success. That’s where the attainable part of SMART goal setting comes in. Attainable means the goal is realistic and something you can do. As much as we would all like lose 20 pounds in two weeks, the chances are highly unlikely that it will happen. In fact, most people trying to lose weight should aim to lose about 1-2 pounds per week for healthy and sustainable weight loss. Keep that in mind as you are setting your fitness goals.

The next step is for you to examine the importance of the goal relevant to where you are in your life. For example, you may not necessarily be interested in weight loss right now but may instead choose to add physical activity to reduce stress or improve your mood.

The last part of SMART is timeliness. This is when you set time to complete your goal, whether it is short or long term. For example, one goal may be to lose 15 pounds within two months. A long-term goal could be to maintain that weight loss for an entire year.

End of Year Reports

It’s that time of year. You know, everyone’s favorite time of year when reports are due. While I have been told this is not your favorite activity, it is a necessary evil to keep funding secure and lines of communication open between the counties in Kentucky and our administration in Lexington. Please take this seriously in your clubs and turn in as much accurate information as you can. Club Presidents: If you have lost your reports that were handed out last fall, you may print more from www.keha.org or stop by the office and we will print you another set. All club reports and volunteer hours are due in the office on June 22, 2018 by close of business.

Homemaker Leader Lessons

Every other year the Family and Consumer Sciences Agents in the Pennyrile Area meet to plan the leader lessons for the next two years. We base those classes on a few criteria. First, we like to ask Homemakers for their ideas and suggestions. Then, we take those suggestions and make sure they fit into FCS content (Sometimes we get suggestions for classes like “how can we make our bowling team get better scores?” While I’m sure this would be a great class, it is a little out of the FCS “league.” It’s not really “down our alley.” We would probably “strike out” on teaching this topic). After we have taken out what does not fit within FCS content, we then begin to form a list of the
potential classes. Before your June meeting, please take a few minutes to think about classes you would like to take over the next few years that fit within the FCS program of work. **Club Presidents:** in your box there will be a suggestion paper for your club to write any ideas they would like to see offered in the Pennyrile Area. Please return those suggestions sheets to me by June 22, 2018. I look forward to hearing your ideas from upcoming FCS classes.

**Save the Date**

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

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**Calendar of Events**

**Paper Crafters**
Date: June 11, 2018 (5:00 PM)
Class size: unlimited
Cost: Free
Supplies: Supplies will be provided.
**Last Day to Sign Up:** June 7, 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: Painting**
Date: June 12, 2018 (5:00 PM)
Class size:
Cost: Free
Supplies: Supplies will be provided.
**Last Day to Sign Up:** June 7, 2018

June will be the last Pinterest Interest class of the Homemaker year. Make sure to sign-up and get one more good class in before the summer break. You don’t want to miss learning how to draw with pen and ink. Joyce Kastas and Sharon Gates will show you easy ways to create beautiful pictures.
Adult Beginner Sewing: Part 1
Date: July 10, 2018 (5:00 PM- 8:00 PM)
Class size: 10
Cost: Three cans of food to be donated to the food bank (food must not be out of date (it can’t be used at the food bank if it is out of date) and will be checked when brought to class)
Supplies: Supplies will be provided.
Last Day to Sign Up: July 6, 2018

If you have always wanted to learn to sew but just don’t know where to start, this is the class for you. This will be a two part series. In part one we will learn the workings of the sewing machine and try out some basic stitching. We will also learn about cutting patterns. Feel free to bring a newer plastic sewing machine to class or use one that I have available if haven’t yet purchased a machine. Don’t be intimidated by all those buttons. Come and learn all the fun there is to be had while sewing!

Pressure Canning
Date: July 16, 2018 (10:00 AM)
Class size: 10
Cost: Three cans of food to be donated to the food bank (food must not be out of date (it can’t be used at the food bank if it is out of date) and will be checked when brought to class)
Supplies: Supplies will be provided.
Last Day to Sign Up: July 11, 2018

All those vegetables are ready to be picked, now what are you going to do with them? Join us for a lesson on pressure canning. We will walk through the canning process from start to finish and you will learn researched best practices for preserving your home grown foods and keeping your family safe from food borne illness.

Adult Beginner Sewing: Part 2
Date: July 17, 2018 (5:00 PM- 8:00 PM)
Class size: 10
Cost: Three cans of food to be donated to the food bank (food must not be out of date (it can’t be used at the food bank if it is out of date) and will be checked when brought to class)
Supplies: Supplies will be provided.
Last Day to Sign Up: July 6, 2018

Part 2 of the beginner sewing class will teach the basic of pattern construction. We will learn about reading patterns and following instructions in sewing. We will complete a sewing project in class.