March 2019

As Luck would have it....

Aren’t we lucky to start these spring months with so many opportunities to have fun and fellowship with Homemakers? Make sure to take time to read the whole newsletter so you don’t miss out on any upcoming activities and deadlines. Our numbers for classes and events have been unusually low these last couple of months. I encourage you to have a second look at your calendar and see if you can “make some space” for a class, seminar, or meeting this month. You might be surprised at what you learn or who you meet. -Angie

Mary Peek-Sweater Pumpkins-Red
Mary Peek-Yo-Yo Pillow-Blue
Judy Garrett-UK Humpty Dumpty-Red
Linda L Smith-Peach Beret with scarf-Red
Linda L Smith-Blue Poncho-Red
Linda L Smith-Chevron Afghan-White
Nancy O-Brien-Recycled Denim Bracelet-Blue
Christy Stephens-Day at the Zoo-Blue
Christy Stephens-Happiness is Homemade-Blue
Linda Smith (LB)-JOY quilted sign-White
Linda Smith (LB)-Half Square triangle quilt-White
Merry Salyers- checkerboard-Blue
Susan Lambert-Honey Bee Jacket-Blue
Susan Lambert-Crossbody Bee Purse-Blue
Susan Lambert-Hand Dyed Bee Quilt-Red
Susan Lambert-Make up Bag-Red
Monica Dolhun-Dog Quilt-Blue
Monica Dolhun-April in Paris-Red
Kathy Sims-Thread Painting-Blue
Kathy Sims-Hand Dyed Blouse-Blue
Kathy Sims-Beaded Medallion-Blue
Kathy Sims-Verigated Scarf-Red
Kathy Sims-Car Seat Quilt-Red
Kathy Sims-Elephant Quilt-Blue
Kathy Sims-Monster Quilt-Blue

Cultural Arts a Huge Success

Congratulations to all of our Cultural Arts winners for 2019. We had 29 entries this year and brought home 25 ribbons. As always I am impressed with the talent that we have in the Lyon County Homemakers. Keep up the good work!
Calling all Homemakers! This year’s Spring Seminar is going to be great. There is just one problem! At the time of this printing we only have 2 people signed up to go. Please look at your calendar and see if you can find a way to join us at the Herbs the Word Cooking School. The celebrity Chef has ended up costing a great deal of money and without Homemaker participation we will not be able to cover the cost. He is a local chef who has made a name for himself in Lexington. Don’t miss out on this opportunity to learn about cooking with and growing herbs. The cost for the day is $12 and you must sign up by March 12, 2019. We cannot accept late sign-ups as numbers have to be given to the caterers. Four Seasons will be providing an herb-filled lunch. I will be transporting the Lyon County 4-H Culinary Team in the county van so all transportation will be on your own. Please call a friend and car pool. We want to make sure this day is a success. Here is some information on our celebrity chef.

Chef Wyatt Sarbacker grew up in Christian County, near Fairview & Pembroke. He studied at Murray State before moving to Lexington and getting into the food industry. Chef Sarbacker graduated top of his class from Sullivan University, then went on to open several restaurants in the Lexington area. He was also a private chef for several years. Chef Sarbacker worked with Marksbury Farm and helped to open multiple projects focusing on sustainable pasture-raised livestock. Recently Chef Sarbacker has spent time working with different nonprofit organizations to make changes in the food system in the areas of sustainable & transparent practices as well as working with groups focused on food equity and accessibility in central KY communities. He primarily works with the University of Kentucky, Grace Cafe (Danville, KY), Chefs Collaborative, Slow Food Bluegrass, and The Berry Center.
Chef Wyatt Sarbacker

**Save the Date!**

**County Annual Day 2019**

If you thought last year’s County Annual Day Hootenany was fun, then make sure to mark your calendars for this year’s Hoe Down. The event will be held on June 25th, 2019 at the Lee S. Jones Convention Center. Many of you have asked to learn some line dances after we had such fun with the band last year. **Please mark your calendars to join us for Line Dancing lessons each Wednesday at 8:30 AM at the Lyon County Senior Center.** The lessons are being taught by Brenda Hawkins and she is a wonderful teacher. The best part...the classes are free. Brenda has also agreed to come to County Annual Day and lead us in line dances as the band plays. Please don’t miss this opportunity to prepare yourself for County Annual Day. We are going to have a great time!

**KEHA Quilt Square Auction**

If you won’t get a chance to attend the KEHA state convention May 14-16 in Louisville, there is still a way you can participate from home. Each year at the convention there is a quilt square auction. Money raised through the sale of these quilt squares is used in different ways throughout state KEHA. If you are a quilter, please consider making a quilt square or two to donate. The square must be finished (they have to have a top, batting, backing, and be bound) and the must finish at a 12-inch square. They can be any pattern you want. I would love to see your creative side shine and be able to take several squares from Lyon County to the auction at state meeting. If you have any questions about this, please let me know by calling 270-388-2341.

**Speaking of Quilts.....**

Our Homemaker neighbors over in Hopkins County cordially invite you to visit their quilt display from March 18- May 15, 2019. Please see the information below.

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**PennyRile Area Summer Trip**

*Louisville, KY*

*July 17-18, 2019*

**SAVE THE DATE!**

**MORE INFORMATION TO COME!**

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**PIECEMAKERS QUEL CLUB**

**MARCH 18 - MAY 15, 2019**

**SHOW RECEPTION:**

**SUNDAY, MARCH 17, 2:00-3:30PM**
The Essentials on Essential Oils

Source: Natalie Jones, UK family health extension specialist and UK HealthCare

By now, you’ve likely heard about essential oils, but may not be familiar with their benefits and risks. Essential oils are highly concentrated oils derived from plants. While used for centuries, their popularity has soared, especially among individuals looking for natural healing options.

A term you may be more familiar with is aromatherapy, which is one way people use essential oils. While research is limited about the effectiveness of aromatherapy, some studies have shown the practice may have health benefits such as relieving anxiety or depression or improving health and wellness, particularly for those who suffer from chronic illness. Many oils are safe when used as directed, but none are regulated by the U. S. Food and Drug Administration. Because they are not regulated by the FDA, companies do not have to test for quality and purity, but some voluntarily do.

The oil you choose to use depends on the ailment you hope to address. No medically endorsed list exists that specifies which oil is best for treating particular a health condition. The chemistry of oils will vary among different locations, climates, seasons, time of day when harvested, packaging methods, storage method and even among plants. This is in vast contrast to pharmaceuticals that are synthetically reproduced to be the same each time.

You can apply oils in a variety of ways but you would most commonly dilute them with a carrier oil and apply directly on the skin or inhale them. The application method depends on the part of the body you’re trying to support and the type of oil you are using. For example, you would most likely dilute and apply an essential oil topically if you were using it on a wound. It’s most common to inhale oils you are using to enhance your mood for quick results. Some oils can cause skin irritation and you should not apply them directly to the skin. Many oils need to be diluted with a carrier oil such as olive oil or coconut oil before you apply them to your skin. Others may produce an allergic reaction in some individuals or cause sun sensitivity. If you have questions about an application method, you should consult an aromatherapist.

You should not ingest oils or apply them to mucous membranes such as the inside of your nose or the inside of your mouth. Essential oils should not be used on children under 2 years or who weigh less than 44 pounds. Pregnant women should not use essential oils, and some oils are discouraged among breastfeeding women. If you have asthma or other breathing issues, you should avoid inhaling oils.

UK HealthCare has approved four essential oils for use in aromatherapy when administered by trained professionals within their clinical setting. These oils are ginger, lavender, peppermint and sweet orange.

Before starting any treatment, research the oil and consult qualified health care professionals.

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Sincerely,

Angie York

Angie York County Extension Agent for Family & Consumer Sciences
Calendar of Events

**Paper Crafters**
Date: March 11, 2019 (5:00 PM)
Class size: Unlimited
Cost: Free
Supplies: Supplies will be provided.
Last Day to Sign Up: March 8, 2019

Come join the fun and see what you can make with a little paper and lots of friends. Each month is a new surprise but you are always guaranteed to take home a great project!

**Pinterest Interest**
Date: March 12, 2019 (5:00 PM)
Class size: Unlimited
Cost: Free
Supplies: Supplies will be provided.
Last Day to Sign Up: March 8, 2019

Hopefully Spring will be right around the corner and we want to be prepared with cute Spring décor. Join us at the March Pinterest Interest to learn how to make the super cute carrots. Whether they are on your table or in a wreath they definitely look good enough to eat!

**Homemaker Leader Lesson: Savvy Sellers and Bargain Hunters**
Date: March 26, 2019 (10:00 AM)
Class size: Unlimited
Cost: Free
Supplies: Supplies will be provided.

Join us for a great lesson offered by FCS Agent Katherine Jury. She will be sharing information on how to sell your old “stuff” and the best place to find a bargain. You don’t have to be the lesson leader in your club to attend. All are welcome for the leader lesson classes.
Cooking through the Calendar  
Date: March 27, 2019 (12:00 noon)  
Class size: 15  
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: March 25, 2019

Are you tired of the same old foods you fix every week? Broaden your cooking horizons by joining us for the yearlong cooking class where each month we will meet at lunch time to learn a cooking skill while tasting something new and exciting from the 2019 SNAP calendar. Seating is limited so don’t wait to get your name on the list for this fun new program. You must sign up each month for the class.

Car Seat Carrier Quilt Class  
Date: March 29, 2019 (9:00 AM to 4:00 PM)  
Class size: 10  
Cost: Free  
Supplies: Supplies list will be provided when you sign up for the class.  
Last Day to Sign Up: March 26, 2019

Join Kathy Sims as she teaches you the technique for this super cute car seat carrier quilt. What a great gift for a baby shower. You don’t want to miss this fun class!

Paper Crafters  
Date: April 8, 2019 (5:00 PM)  
Class size: Unlimited  
Cost: Free  
Supplies: Supplies will be provided.  
Last Day to Sign Up: April 5, 2019

Come join the fun and see what you can make with a little paper and lots of friends. Each month is a new surprise but you are always guaranteed to take home a great project.

Pinterest Interest  
Date: April 8, 2019 (5:00 PM)  
Class size: Unlimited  
Cost: Free  
Supplies: Supplies will be provided.  
Last Day to Sign Up: April 5, 2019

Christy Stephens will be on hand to share this cute and fun idea for make Easter baskets. Don’t forget to sign up early. You don’t want to miss out on this “hoppin’” project. It’s the “bunny’s ears” (or bees knees).

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. Please listen to local news or radio for a list of school cancellations.