Halloween Fun

Q: What do ghosts eat for supper?
A: Spooketi

Q: Why didn’t the skeleton want to go to school?
A: His heart wasn’t in it.

Q: Who did Frankenstein take to the dance?
A: His “ghoul” friend!

What’s All the Buzz about HOMEMAKER WEEK October 10 – 14, 2016

Homemaker Week is about Homemakers promoting The Kentucky Extension Homemaker Association and how it strengthens individuals, families, and communities through education, leadership development and community action. This is Lyon County Extension Homemakers’ first time celebrating Homemaker Week. It is promoted statewide. Angie said it best in the September newsletter. “Extension is tagged as the Best Kept Secret. We don’t want to be a secret. We want to give everyone an opportunity to get in on the fun.” It’s Homemakers’ time to promote and share Extension Homemakers with others.

How Can You Help Spread the BUZZ about Homemakers?

- Give a Homemakers brochure to someone you do not know.
- Explain why you have fun and what activities, or programs you like.
- Inform them about the educational information and classes available thru Extension.
- Explain clubs and what you do in your club. Provide meeting times and dates.
- Explain Mailbox member participation without being in a club.
Tell them about our newsletters. Show them your copy.
Invite them to a homemaker club meeting, lesson, or class.
Offer to meet them there to make them feel welcome.
Encourage them to join.
Continue to sell Quilt opportunity chances and explain our Scholarship Program.
Don’t forget the lasting friendships made through Homemakers.

It’s because of YOU, your involvement and support that our Homemakers program is a success. With everyone spreading the BUZZ, Homemakers will no longer be a secret!

Sharon Gates, Membership Chair

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Did you Know?

Last year the County Advisory Council voted to sponsor the cost of bringing the UK SOOP Opera to Lyon County Elementary School. Because of time conflicts, that could not be scheduled until this fall. Mark your calendars now so you can join us at the school to see the “The Freedom Trail.” The actors are fabulous and I know you won’t be disappointed. They will be performing on November 16, at 1:30 PM. If you plan to attend, please let us know here in the office by November 11, 2016 so we can let the school know how many Homemakers to expect at the event.
Homemaker Area Annual Day
Hosted by Muhlenberg County Homemakers, October 25, 2016

Last day to sign up is Friday October 7, 2016, No late registration will be taken

Please note that the flyer above says the payment is due on October 11th. That is when I have to have the money to Muhlenberg County. The last date to sign up for Homemakers in Lyon County is Friday October 7, 2016 which allows me one working day to tally numbers and get the money to Muhlenberg. I just don’t want there to be any confusion because no late registrations will be taken. I have reserved the Lyon County Extension Van for transportation that day. I will be able to carry 6 passengers with me to the event. If you don’t have a ride with another club member or don’t drive longer distances please call the office at 270-388-2341 and let the girls know. The spots in the van will be first come first serve. We will meet in the Lyon County office parking lot at 8:15AM on the morning of October 25, 2016 for carpooling. Looking forward to spending the day with you!

December 2-Homemaker Holiday Trip

NEW INFORMATION ABOUT THE UPCOMING TRIP, PLEASE READ

Do you hear the train a-coming? Rolling ‘round the bend? Don’t be the last one to get on board. Save the date and get ready to ride as we travel to Bardstown Kentucky to ride on My Old Kentucky Home Dinner Train. This will
be a private ride as they will be opening up just for the Lyon County Homemakers. The cost for the day trip will be $130. Sign-ups are underway. If you are on the fence about attending, we need you to get in this month and make a final decision. Because the train is opening up just for us, they have given us a minimum number to attend. If we don’t reach that number, we will not be able to ride the train. **Please don’t wait till it is too late to sign up.** Just as last year, the University of Kentucky is requiring us to fill out a personal information sheet. We also need a copy of your insurance cards. This is just like at the doctor’s office when you have to get a new copy and refill out the paperwork each year. I know it is not fun, but we have to comply with University protocol to continue with these trips. To try and make this process easier, **you received a copy of the needed participation form in last month’s newsletter. Please fill out the form before getting in line to purchase your tickets for the trip. Also, please have your insurance cards ready for us to scan when you stop by the office.**

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**Pretend Store**

Set-up Date December 7, 2016 - Pretend Store December 8, 2016 – Snow Day if needed December 10, 2016

Save the date for Pretend Store 2016. We will be serving 47 preschool students this year. As always, this number can fluctuate up or down daily as children move in and out of the school system. Now is the time to be buying items to donate for their shopping day. Suggestions to purchase are:

- Girl toys any age
- Boy toys any age
- Infant toys from 0 to age 3
- Teenage girl gifts (nail polish, notebooks, stickers, socks, toboggans, etc)
- Teenage boy gifts (flashlights including batteries needed to operate, gloves, socks, toboggans, etc)
- Female gifts (gloves, perfumes, purses, jewelry, notebooks, etc)
- Men gifts (flashlights including batteries needed to operate, gloves, socks, toboggans, etc)

Please begin to have discussions in your meetings this month about helping with Pretend Store this year. If you have not helped in a few years, I think you will find that it runs very smoothly and all are cheerful and helpful to work with on this project. As soon as you know of your schedule, please go ahead and sign-up at the office. There are many jobs to cover and many hands make light work. Don’t miss out on an opportunity to be blessed while serving these children.

**March 7-Cultural Arts 2017**

Because numbers were down last year in entries from Lyon County, I am giving you ample time to get your projects completed and ready to be entered in to next year’s Cultural Arts competition. Please mark your calendars for March 7, 2017 and make plans to finish up those wonderful projects you have started.

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**Genealogy Club Date Set for October 27, 2016**

Nancy Minor, Eddyville Club President and Lyon County Homemaker County Secretary, has agreed to lead a new special interest Homemaker club centered on Genealogy. This club will be non-traditional, as in it won’t have minutes and a formal agenda, but will allow different club members to share their experiences with gathering information on their ancestors and members will help each other learn and grow within the topic. From time to time speakers may be brought in and activities will be conducted as Nancy and the club members see fit. If you are
interested in exploring your family history, please contact the office at 270-388-2341 and let us know. You don’t have to have any prior experience before joining the group. This will be a “learn as you go” club. The date of the first meeting has been set for October 27, 2016 from 10:00 AM to Noon. Please join us!

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<tr>
<th>Report Corner</th>
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<tr>
<td>- Don’t forget to keep up with your volunteer hours for this month.</td>
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<td>- If you attended a quilting class or other heritage art class please count toward your Cultural Arts Club Report.</td>
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<td>- If you read any books from the book list this month, please list the name of the books and turn into your club President to be added toward the Cultural Arts Club report.</td>
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<td>- If you attended a leader lesson on “Slow Cooking for Fast Times” please note that on your Food, Nutrition and Health Report.</td>
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<th>Opportunity Quilt Sales</th>
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<td>As you know, we are well underway with selling tickets for the Opportunity Quilt with proceeds to fund the Lyon County Homemaker Scholarship for this year. <strong>We still need to sell about 500 more tickets to meet our goal.</strong> If you have not picked up your tickets to sell, please consider helping us reach our goal in the next couple of months. We will likely draw for the quilt in November, but an exact date has not been set. We only ask that each Homemaker sell 10 tickets (or buy them for yourself). The quilt is great and we are fortunate to be able to use it for this cause. If you need flyers to use with your ticket sales pitch, please stop by the office. We can get you all you need.</td>
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<th>Lyon County Homemaker Club Corner</th>
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<td>Featured this month: Saratoga Club</td>
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Saratoga Club is selling Kaywos Cleaning Cloths for $3. At one meeting the roll call question was about what we disliked about cleaning. Unanimously it was windows except for one person! She shared the ease of cleaning windows with Kaywos Cloths. She convinced us and we added our requests to her next order. From there it went to become a charity club fundraiser. We never imagined a roll call question could raise us money toward our charity projects!
Please e-mail your submission for Club Corner to angie.york@uky.edu to be added in upcoming newsletters. Help us keep each other informed on all the good work that is happening in your clubs.

Lyon County Homemaker Newsletter Book Club

Featured this month: “Little Princes” By: Conor Grennan

West Kentucky Community & Technical College

Little Princes, Conor Grennan’s New York Times bestseller and number one best-selling international memoir, tells the story of his unwavering work to reconnect trafficked children with their families in Nepal.

VISIT FROM THE AUTHOR
As the finale to the One Book Read from his book Little Princes, New York Times best-selling author, Conor Grennan will visit the WKCTC campus.

TUESDAY, MARCH 28, 2017
CLEMENS FINE ARTS CENTER
Opening Reception — 6 P.M.
Public Presentation and Q & A — 7 P.M.
Book Signing — 8:15 P.M.

WEDNESDAY, MARCH 29, 2017
CLEMENS FINE ARTS CENTER
Student Presentation — 11 A.M.
Nursing Home Project

Nursing Home Project sponsored this month by Sharon Gates and Dixie Utter will focus on a fall project. Halloween is just around the corner. Help create friendly ghost faces on white plastic bottles with a pumpkin greeting tied on with raffia. An easy simple project that will put a smile on our local nursing home residents. No cutting on this project. Come and join us for a fun time. Include this activity on your volunteer hours. No registration required. Thursday Oct 6, 1pm-3pm. Thanks! -Sharon

Fall Allergies  Source: Nicole Peritore, senior extension specialist

There’s a lot to look forward to in the fall, but if you suffer from fall allergies, it can be hard to enjoy the season.

Hay fever, also called allergic rhinitis, starts with cold-like symptoms. Unlike a cold that goes away within a week, hay fever lingers until the cause of the allergic reaction is identified and treated. One of the most common causes, especially during the fall allergy season, is ragweed. Ragweed begins to pollinate in mid-August and sticks around until a hard freeze.

Mold can cause problems for allergy sufferers any time of the year, but a warmer-than-normal fall, high humidity or windy conditions can allow mold spores to be released into the air for an extended period of time.

Raking leaves, a common fall chore, can also stir up mold and pollen in the ground. Allergy sufferers who rake their yard can use an N-95 respirator mask when raking leaves to lessen the impacts of allergens. Children who have allergies should avoid jumping or playing in leaves.

Many indoor allergies can worsen in the fall, as you stay inside more. While you can’t get rid of all the allergens in your home, you can minimize them. Here are some tips:

- Wash your sheets weekly in hot water and your blankets every two to three weeks to kill dust mites.
- Replace pillows every two to three years.
- Encase your mattress, pillows and other padded furniture with allergen-proof covers.

Sometimes signs of allergies aren’t straightforward as it can be hard to distinguish an allergy from the common cold. This is especially true with children. If you or your child has cold symptoms that last more than a week or seem to occur at the same time every year, you may want to talk with your health care provider about it. Only a certified health care provider can truly diagnose allergies and prescribe treatments.

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

Paper Crafters
Date: October 10, 2016 (5:00pm)
Class size: unlimited
Cost: Free
Supplies: Supplies will be provided.
Last Day to Sign Up: October 7, 2016

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!

Quilt as You Go Project
Date: October 11, 2016 (10:00am-4:00pm)
Class size: 12
Cost: Early Bird Cost $5.00 which will be returned to you if you sign up by October 4th, 2016. Late Registration cost is $5 that will not be returned on the date of the event. The last day to sign up is October 7th, 2016. No late registrations will be taken.
Supplies: Supply list will be given when you pay and sign up for the event.
Last Day to Sign Up: October 7th, 2016

Tracy Cowles, FCS agent in Butler County, will be coming down to teach us the cool trick of quilting as you go. Join us to learn a new concept and make a cute project! Some of you signed up for this class in June and it was cancelled. If you can make it this time, please let us know. If not, we will refund your money from the June class. Hope you can make it!

Homemaker Leader Lesson: Commercial Break Exercises
Date: November 1, 2016 (1:30pm)
Class size: unlimited
Cost: Free
Supplies: Supplies will be provided.
Last Day to Sign Up: October 28, 2016

Ashley White, FCS agent in Caldwell County, will be joining us to talk about ways you can sneak some extra exercise in your day. Join us to hear her great tips and techniques. You do not have to be a leader lesson to attend this workshop. If the topic interests you, join us and get in on the fun!
Fold and Stitch Wreath  
Date: November 3, 2016  (5:00pm-9:00pm)  
Class size: 12  
Cost:  Early Bird Cost $5.00 which will be returned to you if you sign up by October 25th, 2016. Late Registration cost is $5 that will not be returned on the date of the event. The last day to sign up is October 31st, 2016. No late registrations will be taken.  
Supplies: Supply list will be provided upon registration.  
Last Day to Sign Up: October 31, 2016

Carole Green will be teaching us some neat techniques for making a “Fold and Stitch” wreath. Don’t miss out on this fun project!

Christmas Card Workshop  
Date: November 7, 2016  (5:00pm-8:00pm)  
Class size: 16  
Cost: Early Bird Cost is $5.00 if you sign up by October 27th, 2016. Late Registration cost is $8. The last day to sign up is November 1st, 2016. No late registrations will be taken.  
Supplies: Supplies will be provided.  
Last Day to Sign Up: November 1, 2016

Christy Stephens will be on-hand to get you started on your Christmas Cards. She will be showing techniques and ideas for making your own homemade cards. With Christy’s ideas you will have unique cards that are quick and easy to make. Don’t wait to sign-up. Spots will fill quickly for this great class!
Paper Crafters
Date: November 14, 2016 (5:00pm)
Class size: unlimited
Cost: Free
Supplies: Supplies will be provided.
Last Day to Sign Up: November 11, 2016

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!