



University of Kentucky
 College of Agriculture,
 Food and Environment
 Cooperative Extension Service
 Family and Consumer Sciences



LYON COUNTY HOMEMAKERS

MARCH 2023

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Sincerely,

Angie York
 County Extension Agent for Family & Consumer Sciences

Hello Homemakers.

Have you purchased your corn beef and cabbage or picked out your recipe for Irish soda bread? When my kiddo was young I would get 10 gold dollars from the bank and hide them in nooks and crannies around our yard. When he got home from school each year on St. Patrick's Day he would always be ready to see what the leprechauns left for him. What sweet memories for me this month. The remodel is progressing and we are starting to see real change in the structure of both the new and old buildings. Feel free to stop by and see the progress. I am hopeful we are rounding the corner to spring and getting closer to getting my lettuce, bok choy, and radishes in the ground. I hope you are finding some joy in seeing the March flowers come to life. Welcome Spring time vibes! -Angie

Making the Most of Meals while Traveling

April Homemaker Leader Lesson

Taught By: Joni Phelps, FCS Extension Agent in Livingston County

Date: March 28, 2023 Time: 2:00 PM

Location: Lyon County Extension Office



For many, planning travel adventures can be just as fun as the trip itself. It is fun to daydream about where you will stay, how you will get there, and what you will do when you arrive – but what about the food and drinks during the trip? This lesson will walk through simple and effective strategies to make the most of meals while traveling.

A Note From Lake Barkley Homemakers

Lake Barkley Homemaker group is selling RADA to raise funds to help with the community service groups that we contribute to each year.

If you would like to order something from the book, there are copies at the Extension Office and there is an order form in the middle. Make checks payable to: Lake Barkley Homemakers and give to Miranda or Olivia.

You may also contact one of our members to place an order. Members are: Katherine Dunn, Sue Tosh, Kristy Dunn, Christy Stephens, Michelle Herring, Diane Poole, Teresa Boyd, Kathy Evanko, and Merry Salyers.

You may also order online! If you are friends with any of our members on Facebook, the link is on their fb page. We appreciate any orders placed!

Type this link in your web browser to access the Lake Barkley Rada Fundraiser

<https://radafundraising.com/?rfsn=7083258.177256>



Senior Citizen's Nutrition Class



JOIN ME MARCH 21, 2023 AT THE LYON COUNTY SENIOR CITIZEN'S FOR THE MONTHLY NUTRITION LESSON. WE PLAY GAMES, TASTE TEST RECIPES, AND GAIN VALUABLE KNOWLEDGE ALONG THE WAY. NO NEED TO SIGN-UP, JUST COME BY AT 10:30.



SAVE THE DATE

The Pennyriple Area Cultural Arts Competition will be held at the Christian County Extension Office on Friday, March 17, 2023. All projects need to be dropped off at the Lyon County Extension Office by close of business on March 14, 2023 to be tagged and loaded for transportation to the event. We also need 3 or 4 people who are willing to attend the event and volunteer to check-in and organize the entries. If you are willing to help, please let Angie know ASAP by calling 270-388-2341.

2022-2023 CULTURAL ARTS EXHIBIT CATEGORIES

2022-2023 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

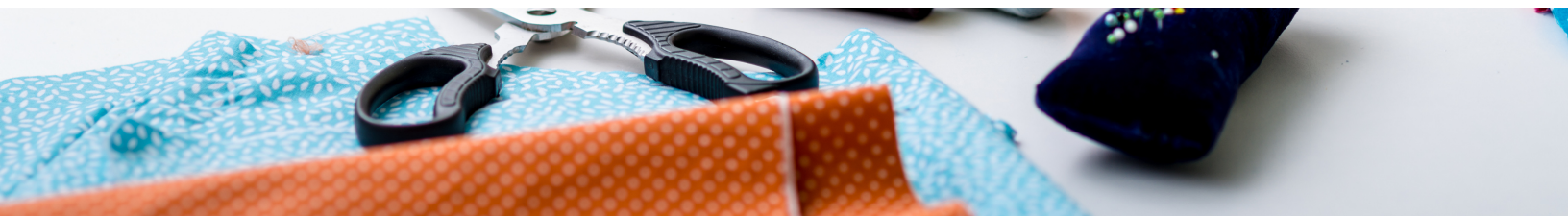
Categories and Subcategories

- | | | |
|--|---|--|
| <p>1. APPAREL</p> <ul style="list-style-type: none"> a. Accessory b. Appliqued c. Basic Sewing <p>2. ART, 3-Dimensional</p> <ul style="list-style-type: none"> a. Carving <p>3. ART, NATURAL</p> <ul style="list-style-type: none"> a. Wood <p>4. ART, RECYCLED (Include a before picture)</p> <ul style="list-style-type: none"> a. Clothing b. Household <p>5. BASKETRY</p> <ul style="list-style-type: none"> a. Cane b. Dyed Material c. Miniature (under 4 inch) <p>6. BEADING</p> <ul style="list-style-type: none"> a. Bead Weaving b. Non-jewelry Item/Wearable <p>7. CERAMICS</p> <ul style="list-style-type: none"> a. Hand-formed b. Molded <p>8. COUNTED CROSS STITCH</p> <ul style="list-style-type: none"> a. 14 Count & Under b. 16-22 Count <p>9. CROCHET</p> <ul style="list-style-type: none"> a. Accessories b. Fashion <p>10. DOLL/TOY MAKING</p> <ul style="list-style-type: none"> a. Cloth b. Handmade Toy other than Porcelain/China or Cloth <p>11. DRAWING</p> <ul style="list-style-type: none"> a. Pastels b. Pen and Ink c. Pen and Ink with Oil Roughing <p>12. EMBROIDERY</p> <ul style="list-style-type: none"> a. Basic b. Candle Wicking c. Crewel d. Machine e. Ribbon <p>13. FELTING*</p> <ul style="list-style-type: none"> a. Needle Method <p>14. HOLIDAY DECORATIONS</p> <ul style="list-style-type: none"> a. Autumn b. Spring | <ul style="list-style-type: none"> d. Quilted e. Specialty <p>b. Sculpture</p> <p>b. Other</p> <p>c. Other</p> <p>d. Novelty</p> <p>e. Plain</p> <p>c. Miscellaneous</p> <p>c. Pre-made</p> <p>c. Specialty Cloth (linens, et</p> <p>c. Home Décor and Afghans</p> <p>d. Thread</p> <p>c. Porcelain/China</p> <p>d. Pencil or Charcoal-Black</p> <p>e. Pencil-Color</p> <p>f. Smocking</p> <p>g. Swedish</p> <p>h. Tatting/Lace Making</p> <p>i. Miscellaneous</p> <p>b. Wet Method</p> <p>c. Summer</p> <p>d. Winter</p> | <p>15. JEWELRY</p> <ul style="list-style-type: none"> a. Beaded b. Mixed Media (wire, chain maille, mixed with beads) c. Original Design <p>16. KNITTING (HAND)</p> <ul style="list-style-type: none"> a. Accessories b. Fashion c. Home Décor and Afghans <p>17. KNITTING (OTHER)</p> <p>18. NEEDLEPOINT</p> <ul style="list-style-type: none"> a. Cloth Canvas b. Plastic <p>19. PAINTING, ART</p> <ul style="list-style-type: none"> a. Acrylic b. Oil c. Watercolor <p>20. PAINTING, DECORATIVE</p> <ul style="list-style-type: none"> a. Metal b. Wood c. Other <p>21. PHOTOGRAPHY</p> <ul style="list-style-type: none"> a. Black & White (mounted & framed) b. Color (mounted & framed) <p>22. QUILTS**</p> <ul style="list-style-type: none"> a. Baby-size or Lap-size (hand quilted) h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted) b. Baby-size or Lap-size (machine quilted) i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted) c. Hand Appliqué (hand quilted) j. Technology Based (hand or machine quilted) d. Hand Pieced (hand quilted) k. Miscellaneous (hand or machine quilted) e. Machine Appliqué (machine quilted) f. Machine Pieced (hand quilted) g. Machine Pieced (machine quilted) <p>23. PAPER CRAFTING</p> <ul style="list-style-type: none"> a. Card Making c. Quilling b. Origami d. Scrapbooking*** <p>24. RUG MAKING</p> <ul style="list-style-type: none"> a. Braided c. Punch Needle b. Hooked d. Woven <p>25. WALL or DOOR HANGING</p> <ul style="list-style-type: none"> a. Fabric b. Other <p>26. WEAVING</p> <ul style="list-style-type: none"> a. Hand (macrame, caning) b. Loom <p>27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)</p> |
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* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

**Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

***Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.



IT'S HOMEMAKER FUNDRAISER TIME

The Lyon County Homemakers will be offering their pie and cake fundraiser again this year. The desserts will be baked and packaged on Friday, April 7, 2023 and the public will be able to pick up their cakes and pies on Saturday, April 8, 2023 from 9 AM to 11 AM. Baking and dessert pick-up will be at the Lee S. Jones Community Building. Order Forms will be sent in the March newsletter. You will have until Monday, April 3, 2023 to sell to yourself, neighbors, family, and friends as order forms will be due on the 3rd. Money must be turned in when forms are dropped at the office. We will also need your help to bake the desserts and get them ready for pick-up on the 7th. Please mark your calendars to help make this a successful fundraiser for our group!



**LOOKING FOR A FUN,
NEW WAY TO BE
MORE ACTIVE?**



Bingo + Exercise = Bingocize®



BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with fall prevention exercise. Come play bingo and meet new people while learning new exercises and having so much fun!

COME JOIN THE FUN!

We meet every week!

WHEN:

March 7, 9, 14, 16, 21, 23, 28, 30

April 4, 6, 10, 11, 18, 20, 25, 27

May 2, 4, 16, 18

WHERE: Lyon County Senior Center

TIME: 9:30 AM



Spread the
Word



You're Invited to a



**Wonderland
Tea Party**

PRESCHOOL LITERACY EVENT

Thursday, March 23rd

From 5:30-7:00pm

In the LCES Cafeteria

**For All Preschool Aged Children In
Lyon County**

WISELY USE YOUR TAX REFUND

Source: Kelly May, senior extension associate for family finance and resource management

It's that time of year when we get excited about our tax refunds. By responsibly using this one-time infusion of cash, you can improve your financial standing.

You could wisely use your tax refund to add to your emergency savings account. Most of us do not have enough money saved in the event of job loss, illness or another unexpected event that prevents us from working. Most financial experts recommend having at least six months of income saved to help you work through financial hardship. This fund can also help cover unexpected or emergency household repairs.

You could also choose to reduce your debt with your tax refund. Paying off high-interest debt as quickly as possible is a financial win-win because it reduces the principal on your loan and lowers future interest payments.

Make an extra mortgage payment toward the principal. Much of a mortgage loan goes toward interest and not the principal itself.

Investing in your family's future is always a wise move as it will continue to guarantee future financial stability. You could use your return to start or add a college savings fund for your children or grandchildren or to start or add to your retirement account.

If you must spend your tax refund, make wise spending choices. Consider purchases that allow you to make improvements that add to the resale value of your vehicle or home or to make home improvements that lower energy costs.

You never get too old to learn a new skill. Use some of the refund to take classes or learn new skills or hobbies.

Save the Date

THE KEHA STATE MEETING WILL BE HELD AT THE
CROWNE PLAZA IN LOUISVILLE MAY 9-11, 2023.
THE THEME IS "LET'S TAKE A HIKE WITH KEHA."

