



AUGUST 2023

Fayette County Extension
1140 Harry Sykes Way
Lexington, KY 40504
Phone (859) 257-5582
Email: fayette.ext@uky.edu
http://fayette.ca.uky.edu/



YOU'RE INVITED!

2023 FAYETTE COUNTY EXTENSION ANNUAL HOMEMAKER KICKOFF EVENT



AUGUST 21ST, 5:30-8PM
FAYETTE CO. EXTENSION OFFICE



The Fayette County Homemakers are hosting their annual Fall Kickoff event! The theme this year is "Show Your Team Spirit." We are excited to kickstart our new year with the fall event and we look forward to seeing you there!

Schedule:

- 9am-12pm drop off of cultural arts entries
5:30pm Cultural arts display begins
6:00pm Welcome, Dinner, Entertainment
7:00pm Business Meeting

Clubs:

- Choose the decorations for your own table - be excited!
There will be a raffle - each club bring a gift basket, money to benefit the scholarship fund
Bring any aluminum can tabs for collection for Ronald McDonald House
Donation for Family Care Center (list in newsletter)

Menu:

Pulled Pork or Chicken BBQ sandwiches, Coleslaw, Potato Salad, Baked Beans, drinks, dessert. Vegetarian: Jackfruit BBQ and beans will be available.



Cost is free! Plan to bring a friend.
RSVP to 859-257-5582 or email: srsmith@uky.edu
by August 14, 2023.
Please note sandwich preference when you RSVP.



Fayette County Homemaker Annual Cultural Arts Entries

Below you will find the listing of the Cultural Arts Categories for the Fayette County Homemaker Cultural Arts Judging Day. All exhibits must be the work of the extension homemakers, completed within the past year.

Entries will be accepted from 9:00 a.m.-12:00noon on Monday, August 21, 2023 for judging. Although there will be attendants at the exhibit and every effort will be made to safeguard the exhibits, there will be no assumption of risk or liability.

The Cultural Arts entries will be on display at the Fayette County Extension Homemaker Officer/Chairmen Training Kickoff beginning at 5:00pm on Monday evening. Entries can be picked up following the Kickoff or thereafter at the extension office. First place category winners will be eligible for judging at the Bluegrass Area Extension Homemaker Annual Meeting in October.



CULTURAL ARTS EXHIBIT CATEGORIES

1. APPAREL a. Accessory b. Appliqued c. Basic Sewing d. Quilted e. Specialty
 2. ART, 3-Dimensional a. Carving b. Sculpture
 3. ART, NATURAL a. Wood b. Other
 4. ART, RECYCLED (Include a before picture) a. Clothing b. Household c. Other
 5. BASKETRY a. Cane b. Dyed Material c. Miniature (under 4 inch) d. Novelty e. Plain
 6. BEADING a. Bead Weaving b. Non-jewelry Item/Wearable c. Miscellaneous
 7. CERAMICS a. Hand-formed b. Molded c. Pre-made
 8. COUNTED CROSS STITCH a. 14 Count & Under b. 16-22 Count c. Specialty Cloth (linens, etc.)
 9. CROCHET a. Accessories b. Fashion c. Home Décor and Afghans d. Thread
 10. DOLL/TOY MAKING a. Cloth b. Handmade Toy other than Porcelain/China or Cloth c. Porcelain/China
 11. DRAWING a. Pastels b. Pen and Ink c. Pen and Ink with Oil Roughing d. Pencil or Charcoal-Black e. Pencil-Color
 12. EMBROIDERY a. Basic b. Candle Wicking c. Crewel d. Machine e. Ribbon f. Smocking g. Swedish h. Tatting/Lace Making i. Miscellaneous
 13. FELTING* a. Needle Method b. Wet Method
 14. HOLIDAY DECORATIONS a. Autumn b. Spring c. Summer d. Winter
 15. JEWELRY a. Beaded b. Mixed Media (wire, chain maille, mixed with beads) c. Original Design
 16. KNITTING (HAND) a. Accessories b. Fashion c. Home Décor and Afghans
 17. KNITTING (OTHER)
 18. NEEDLEPOINT a. Cloth Canvas b. Plastic
 19. PAINTING, ART a. Acrylic b. Oil c. Watercolor
 20. PAINTING, DECORATIVE a. Metal b. Wood c. Other
 21. PHOTOGRAPHY a. Black & White (mounted & framed) b. Color (mounted & framed)
 22. QUILTS** a. Baby-size or Lap-size (hand quilted) b. Baby-size or Lap-size (machine quilted) c. Hand Appliqué (hand quilted) d. Hand Pieced (hand quilted) e. Machine Appliqué (machine quilted) f. Machine Pieced (hand quilted) g. Machine Pieced (machine quilted) h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted) i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted) j. Technology Based (hand or machine quilted) k. Miscellaneous (hand or machine quilted)
 23. PAPER CRAFTING a. Card Making b. Origami c. Quilling d. Scrapbooking***
 24. RUG MAKING a. Braided b. Hooked c. Punch Needled. Woven
 25. WALL or DOOR HANGING a. Fabric b. Other
 26. WEAVING a. Hand (macrame, caning) b. Loom
 27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)
- *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.

Personality ASSESSMENT

"THAT'S NOT THE WAY I WOULD HAVE DONE IT!"

Do you ever find yourself scratching your head at another person's reaction? The way one person processes, interprets, and reacts are often not the same responses of others in the same household, family workplace, or surroundings. Join us to learn more about different personality traits, yourself, and allow you to see others perspectives.

TO LEARN MORE, BE SURE TO JOIN US AT:

Fayette County Extension Office
1140 Harry Sykes Way
August 24, 2023—6:00pm
RSVP: 859-257-5582

Cooperative Extension Service
 Agriculture and Natural Resources
 Family and Consumer Sciences
 4-H Youth Development
 Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
 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, physical or mental disability or receipt or resolution for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
 University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
 Lexington, KY 40526



The UK Cooperative Extension Service, UK Alumni Association UK Human Resources STEPS Temporary Employment are pleased to announce the Summer 2023 Job Club schedule.

The purpose of Job Club is to provide a positive environment for job seekers to meet, connect, share, and learn. Job Club is for you if you are motivated and currently out of work, underemployed or looking to make a career transition. The free group is open to the public and meets the second and fourth Tuesday of each month, from 9:00–10:15 a.m. Participants may attend online via zoom or at the Fayette County Extension Office, 1140 Harry Sykes Way, Lexington. In addition, recruiters and employers are always welcome and may have a one-minute spotlight to share active job leads with Job Club attendees.

Job Club Meeting Schedule

August 8: Interviewing Is a Two-Way Street
 Presented by Tamisha Boleware, Corporate Recruitment Partner, Malone Workforce Solutions

This presentation will focus on ways to show up for an interview empowered with tools that will help you land a position. We will cover tips on preparation, etiquette, and finding the right company for you.

ONLINE ATTENDEES REGISTER HERE:
<https://bit.ly/JC080823>

August 22: Nailing the Interview
 Presented by Ronnie Perchik, Chief Operating Officer, The NLP Group

What you say matters in an interview. "Of course, it does!", you say. So why do people leave interviews uttering: "I wish I would have said this," or "I can't believe I said that." Learn the hiring motivations of companies and how to prepare for, interact in and follow-up after interviews. Perchik has placed and hired hundreds of people during his career and knows what you need to do (as well as what you should not do) to nail an interview and beat out the competition.

ONLINE ATTENDEES REGISTER HERE:
<https://bit.ly/JC082223>

September 12: Creating a Powerful Personal Brand

Presented by Gretchen Bright, Manager, Marketing Communications & Engagement, Big Ass Fans
 Creating a powerful personal brand is essential for establishing your reputation and standing out in today's competitive world. It is not who you know, it is who knows you that counts. In this session, learn how to choose your own brand and how to market yourself personally and professionally.

**Free LinkedIn professional headshots will be available immediately following Job Club for in-person attendees.
 ONLINE ATTENDEES REGISTER HERE:
<https://bit.ly/JC091223>



Kentucky Proud Evenings is a series of monthly author talks hosted at the Extension Office. Each author is local to Kentucky and is connected to the community and history of the Commonwealth. Each event will have Plate It Up! Kentucky Proud food samples for those attending. Each session is FREE and will begin at 6:00pm. Register on-line: <https://fayette.ca.uky.edu/classregistration> or call the office at 859-257-5582 to register!

Wednesday, August 30, 2023
 Elizabeth DiDavino, Katherine Jackson French: Kentucky's Forgotten Ballad Collector

The life and legacy of a pivotal scholar and how her collection of traditional Kentucky ballads elevated the status of women, gave testimony to the complexity of balladry's ethnic roots and influences, and revealed more complex local dialects.

Wednesday, September 20, 2023
 Kaitlyn Hill, Not Here to Stay Friends

This friends-to-lovers spin on The Bachelor follows two childhood besties reuniting to spend the summer in L.A. after five years apart—but when they both get involved with a teen reality dating show, their lives take an unexpected turn for the unreal.

Tuesday, October 10, 2023
 Farrah Alexander, Resistance in the Bluegrass: Empowering the Commonwealth

Kentucky is more than just bourbon, basketball, and BBQ. This book is a celebration of the engaged citizens who have made and continue to make a difference across the Commonwealth.

QUILT CLASSES

“Quilt as You Go” Bargello Class: August 29, 2023 – 9:30am-3:30pm.

This Bargello wall hanging is a wonderful backdrop to display whatever makes you happy (butterflies will be on mine). You can also make the wall hanging in your favorite colors and not add any embellishments. It’s up to you. This class will walk you through making a small bargello that you can quilt as you go. We will also look at binding/facing. Instructor: Patty Pruitt. Cost: \$20 for Homemaker members; \$30 for non-members. Yardage and cutting instructions will be provided upon registration.



Pumpkin and Black Bird Wall Hanging:

September 26, 2023 - 10:00am-4:00pm or September 26 and 28 - 6:00pm-9:00pm.

Learn how to make this fun *Wall Hanging* or *table mat* for the pumpkin season. Can use scraps for a more rustic look or a planned orange and black yardage for a true pumpkin look. Instructor: Liz Kingsland, Cost: Cost \$20 for Homemaker members or \$30 for non-members. List of supplies will be provided upon registration. Finished size 25 inches square.

Lori Holt Sew by Row Class:

September 19, October 17, November 28 and December 11 - 10:00am-4:00pm or 6:00pm-9:00pm.

This fun sewing themed quilt is a row by row and Lori Holt as always has some challenges to learn to complete the finished projects. Perfect your sewing ability with small pieces. Each class session will work on two of the patterns. Then you will complete the row at home. Last session will include putting the rows together and a discussion of how to quilt and bind Use scraps or make it themed by choosing your own fabrics or purchasing the requirements. Instructor: Liz Kingsland, Cost: Cost \$15 per session for Homemaker members or \$25 for non-members first session then \$15 per session (plus cost of book). List of supplies will be provided upon registration. Finished size 74 x 85”.



Make Checks Payable to:
Community FCS Programs

Return registration form and payment to:
Fayette County Extension
1140 Harry Sykes Way, Lexington, KY 40504

FCS CLASS	AMOUNT
Quilt as You Go Bargello	
Pumpkin and Black Bird-Day Class	
Pumpkin and Black Bird-Night Classes	
Lori Holt Sew by Row Class-Day Classes	
Lori Holt Sew by Row Class-Night Classes	
TOTAL FEE AMOUNT	\$

2023 FCS CLASS REGISTRATION FORM:

Name: _____

Phone: _____

E-Mail: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Keep cool in the summer heat

Source: Amy Kostelic, associate extension professor

Amid Kentucky's extreme summer temperatures, high humidity and prolonged heat can make being outdoors uncomfortable and dangerous. During this time, you need to know the signs and symptoms of heat-related illnesses and how to treat them. These include heat exhaustion, heat cramps and the most serious—heatstroke (also known as sun stroke).

Heat-related illnesses occur when a person's body cannot properly cool itself. These sicknesses can occur at any age, but people at greatest risk include infants and children up to four years old, adults 65 and over and those who are overweight. Additional factors that may lead to heatstroke include exertion in hot weather, sudden exposure to hot weather and lack of air conditioning. Certain illnesses and medications, such as antihistamines and antipsychotics, can also increase risk of heat-related illnesses. Wearing too many layers or clothes that prevent sweat from evaporating, drinking alcohol and becoming dehydrated may trigger heatstroke.

Older adults are at risk for many reasons. Sweat glands, which help cool the body, often diminish in number with age, and those remaining may not function as well as they once did. Existing health problems, especially involving the heart, lung and kidneys and some medications can also increase older adults' risk of heat-related illness.

You can take steps to protect yourself and your loved ones from overheating. Here are some tips from the Centers for Disease Control and Prevention:

- Keep up-to-date on the weather forecast and stay in your home or another air-conditioned facility, such as a mall, public library or heat-relief shelter if the temperatures and humidity are forecasted to be extreme.
- Avoid strenuous outdoor activities, such as exercise or gardening, during the hottest hours of the day.
- Stay hydrated by drinking plenty of water, fruit or vegetable juices. Drink even when you are not thirsty. Avoid caffeine and alcohol.
- Wear loose, lightweight and light-colored clothing.
- Avoid using your oven and cover windows that receive direct sunlight to keep your house cooler.
- Take cool showers or baths to help yourself cool down.

Know the signs of heatstroke—high body temperature, dizziness, fatigue, lack of coordination, cold and clammy skin, racing heart rate, headache, nausea/vomiting, changes in cognition and/or behavior, rapid breathing, muscle spasms and/or cramps and ankle swelling. Heatstroke is a potentially life-threatening condition that requires immediate medical attention.

If you are a neighbor, friend or family member of an older adult, regularly check on them during warm days and extended/excessive hot periods to ensure they stay cool and hydrated and have access to air conditioning and proper clothing. Seek immediate medical attention if someone has signs of a heat-related illness.





Tomato Basil Salad

- | | |
|--|--|
| ¼ cup fresh basil leaves | 3 tablespoons crumbled, fat free feta cheese |
| 1 pint cherry, grape or other salad tomatoes, halved (2 cups) | 3 tablespoons olive oil |
| 1 large cucumber, chopped (2 cups) | 2 tablespoons white balsamic or white vinegar |
| 3 green onions, chopped (½ cup) | Salt and freshly ground pepper |
| 1 small yellow bell pepper, seeded and diced | |

Roll basil leaves lengthwise and **cut** across into ¼ inch strips. **Combine** basil, tomatoes, cucumber, green onions, bell pepper and cheese in large bowl. **Whisk** olive oil with vinegar. **Drizzle** over salad ingredients and lightly **toss** to cover. **Season** with salt and pepper to taste.

Yield: 4, 1 cup servings

Nutritional Analysis:
150 calories, 10 g fat, 1.5 g saturated fat, 0 mg cholesterol, 200 mg sodium, 11 g carbohydrate, 2 g fiber, 5 g sugars, 3 g protein.



For More Plate It Up Recipes, Visit:

<https://fcs-es.ca.uky.edu/content/plate-it-kentucky-proud>

2023-24 Homemaker Lessons

Lead Your Team: Health Literacy for the Win!: Training – September 21 at 10:00am

Have you ever been confused by the words your doctor was using during an appointment? Or maybe you were unsure when and how often to take a prescription medicine? Maybe you want to be informed when you take your loved one to the doctor. It is estimated that 9 out of 10 adults have difficulty understanding and using health information, also known as health literacy. This lesson will focus on increasing health literacy and empower you to step up and lead your health-care team in reaching your overall health goals.

Planning Thrifty and Healthy Holiday Meals: Training – October 23 at 10:00am

Lesson focuses on healthy meal planning, staying within budget, kitchen time management strategies, preparing low-cost and delicious recipes, food safety tips, and maximize your leftovers to avoid waste.

Savor the Flavor: Seasoning with Spices: Training – November 30 at 10:00am

Home prepared meals tend to be more nutritious, however it is often difficult to add flavor while keeping the meals healthy. This lesson encourages participants to use spices to add flavor and make nutritious meals more exciting. The lesson goal is to increase knowledge about various types of spices and how to incorporate them into food preparation and cooking.

Self-Care and Self-Pampering: Training – January 18 at 10:00am

Self-care is about realizing and prioritizing one's own importance and well-being. It means not ignoring individual needs, including things that feel good and spark happy feelings. Self-care is about extending the same time, kindness, and consideration to yourself as you do to those around you. This KEHA lesson will help you take control of your own well-being beyond the basic self-care recommendations.

Recognizing and Coping with Trauma after a Natural Disaster: Training – February 29 at 10:00am

This lesson will focus on coping with trauma that may occur after a natural disaster, or other events that disrupt your ability to cope due to significant loss. Participants will learn tips and skills to aid in recognizing trauma, how to help others in the community who might have experienced trauma and learn strategies that may be helpful for families to build a toolkit in order to prepare for the future.

A Guide to Beginner Meal Planning and Meal Prepping: Training – March 18 at 6:00pm

Planning meals is one of the best ways to save money and eat healthy meals. Learn some tips and tricks that will help to remove the stress of putting healthy meals on the table every night.

Savor the Flavor: Building Flavor with Herbs: Training – April 18 at 6:00pm

Home prepared meals tend to be more nutritious, however it is often difficult to add flavor while keeping the meals healthy. This lesson encourages participants to use herbs to add flavor and make nutritious meals more exciting. The lesson goal is to increase knowledge about various types of spices and how to incorporate them into food preparation and cooking.

JOIN US FOR... *2023* Calendar Cooking

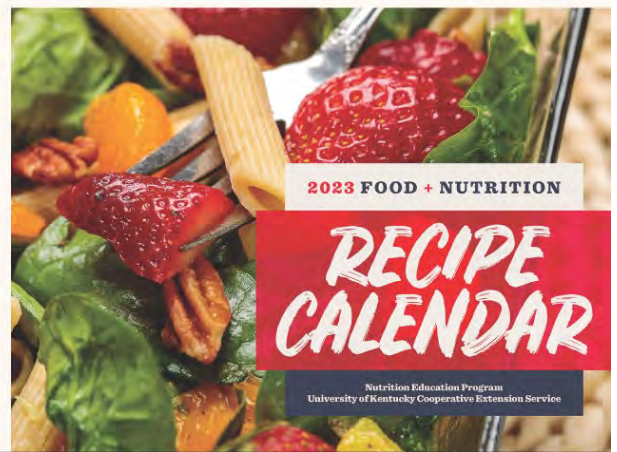
COOKING THROUGH THE CALENDAR Fayette County Cooperative Extension Office

Join us at the Fayette County Extension office 6:00-7:30pm for our monthly cooking demonstration and sampling. Try tasty Nutrition Education Program Calendar recipes and discover strategies to eat healthier and cook at home!

FREE! Registration required to plan for food samples.
Register on-line: <https://fayette.ca.uky.edu/classregistration>
or call 859-257-5582.



August 16: Skillet Pork Chops with Peaches
September 27: One Pan Shrimp and Veggies
October 25: Italian One Pot Pasta and Beans
November 29: Slow Cooker Buffalo Chicken Stuffed Sweet Potatoes



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.



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



USDA

Supplemental
Nutrition
Assistance
Program

This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

Putting Healthy Food
Within Reach



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

A DIFFERENT WORLD & FCS



Presents

Sensory Career Day



With

SAFETY CITY



Safety Learning·Food·Fun·& much more

Where: Safety City &
Fayette County Extension Office

Date: August 19, 2023

Time: 10am-1pm



To Register Call Fayette County Extension Office 859-257-5582

or register on-line: <https://fayette.ca.uky.edu/classregistration>

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



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

Laugh & Learn

Playdate

Join our 2023 Laugh and Learn Playdate Program that targets school readiness objectives! Each month offers learning activities that are relevant to children's development and will coincide to help celebrate holidays or seasonal festivities.

Each session is at the Fayette County Extension Office from 10-11:30am.

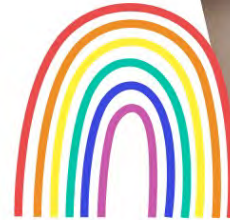
FREE for all children ages birth to 5 and all children must be accompanied by an adult.

Lessons include a healthy snack, book, craft, music activity, fine motor and large motor activities, and free play.

For more information, contact our office at 859-2575582 or email Caroline McMahan at caroline.mcmahan@uky.edu

2023 Program Schedule:

- 8/23
- 9/27
- 10/26
- 11/29
- 12/13



FAYETTE COUNTY COOPERATIVE EXTENSION SERVICE
&
WILLIAMS WELLS BROWN COMMUNITY CENTER
PRESENT

Saturday
26th
AUGUST
11AM - 3PM

2023



FORERUNNER
WORLDWIDE EXPERIENCE COLLECTOR

FATHERS,
FISH,
FADES and
FREE MINDS
FALL FEST



Food, Fun, and Resources from Community
Partners for Fathers, Families, and More!!!



LEXINGTON



Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

Event Location:

William Wells Brown Community Center
548 E. Sixth Street, Lexington, KY40508

Register on-line: <https://fayette.ca.uky.edu/classregistration>
or call the office at 859-257-5582 to register!



Reach out to FCS Agent, **Maranda Brooks** (859-257-5582) or Center
Staff, **Jill Wilson** (859-389-6678) for further info and with questions.

**Cooperative
Extension Service**

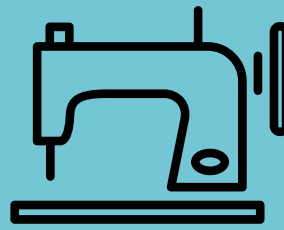
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Disabilities
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with prior notification.



**September is National Sewing Month!
Come celebrate as The Quilters Guild of
Bluegrass, 4-H and MCVV present:**

**Beginning Free Motion Quilting Class
September 2nd 10am-4pm
\$25.00 Ages 9 to adult!
Spots are limited must sign up to attend.**

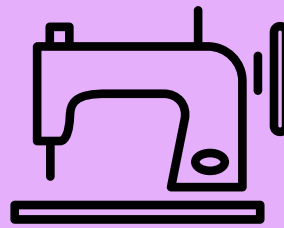
In this class, you will learn how to set your domestic sewing machine up to free-motion-quilting (FMQ), basic FMQ designs and practice your new skills! Some quilting knowledge would be helpful for this class, but you do not need any FMQ experience— Beginners are encouraged! Motifs to be taught include stipple, loops, L's and E's, wishbones, and more.



Pack a lunch

**Register and Pay Here:
<https://bit.ly/fall2023sewing>**





September is National Sewing Month!

**Come celebrate as The Quilters Guild of Bluegrass,
4-H and MCVV present:**

Jelly Roll Sewing Event

September 16th 10am-4pm

\$25.00 Ages 9 to adult!

Spots are limited must sign up to attend.

Join our Jelly Roll Day as we create a seasonal table runner which begins with a center motif 5" or larger.

Sign up now for this fun day of sewing, food, door prizes and more.. This workshop is for beginners that know how to sew and use their sewing machine, as well as experienced sewists that want to complete a holiday project. The supply list will be sent upon registration.



Register and Pay Here:

<https://bit.ly/fall2023sewing>



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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
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Basket Classes

(Classes will begin at 10:00 a.m. unless otherwise noted)

Tuesday, September 19, 2023 ~ 10:00am



Sunflower Welcome Basket

Perfect beginner basket teaching basic fundamentals; laying out a base, simple twine, stop/start weaving. Natural and dyed reed will be used for the basket along with a wood handle for hanging and a hand painted

sunflower to complement the finished basket. **Skill Level: Beginner, Cost: \$36.00 for Fayette County Homemaker members OR \$46.00 for non-members.**



Angie's Criss Cross Basket

Sturdy and useful table basket woven on a 4" x 10" wood base. Stop/start weaving with natural and dyed reed incorporating a

wave weave pattern using 2 colors for the pattern. Two color combinations will be available, usually a warm palette and one in cool tones. Please specify preference. One shown is cool using smoke and teal and the other will use coral or peach. **Skill Level: Intermediate, Cost: \$39.00 for Fayette County Homemaker members OR \$49.00 for non-members.** Some kits of each will be available for purchase to take home if desired. Please let us know if you would like a kit for both baskets.

SUPPLIES YOU MUST BRING FOR BASKET CLASSES:

Water container (bucket/bowl), small towel, scissors (garden type preferable), small flat head screwdriver, 2 dozen snap type clothespins, tape measure, pencil, pocket knife (good sized), sandpaper, weights (unopened soup cans

work) and a small spray bottle. **PACK A LUNCH/ SNACKS, or bring something to share. You will be working thru lunch.**

FYI: There are no vending machines in the building.

BASKET CLASSES SIZE ARE LIMITED TO 14, REGISTER EARLY!

Please note: Supplies are specially cut for each basket two days prior to class. If you need to cancel your class, please call us 72 hours prior to receive a full refund. There will be no refund after that time.

Beginner

Weavers have little or no weaving experience having woven only a few baskets. They need more practice with basic weaving techniques, bases and shaping. These weavers are becoming proficient in basic weaving techniques, including over/ under weaving, start/stop weaving, twining, and rim lashing. They are learning to control shape and will be introduced to new pattern weaves such as twill, different twining methods, and rim and handle finish variations. **Please Note: Additionally, if you consider taking a class in a material you have never used, you will be considered a beginner in that class.**

Intermediate weavers

Weavers have gained proficiency in weaving techniques. They can begin with ease and have mastered several weaving techniques. They do not have difficulty setting up bases, twining, completing over/under weaves and creating rims using the materials offered in a class.

Advanced weavers

Weavers are proficient. They have mastered weaving techniques and are ready to take on more challenging projects. Teachers are confident these students have achieved this skill level when attending class. Basic skills are not reviewed due to time constraints. These weavers can design baskets on their own but require new challenges.

Basket Club Registration Form

Name: _____ Phone: _____

Address: _____ City: _____ Zip: _____

E-Mail: _____

<u>Classes</u>	✓	<u>Current Homemaker Member</u>	<u>Non-Homemaker Member</u>
Sunflower Welcome Basket - Beginner Level Class		\$36.00	\$46.00
Angie's Criss Cross Basket - Intermediate Level Class		\$39.00	\$49.00
Both Baskets		\$75.00	\$85.00
TOTAL FEE DUE:		\$	

Please make check payable to:
Community FCS
and mail to:
Fayette County
Extension Office
1140 Harry Sykes Way
Lexington, KY 40504

*Bluegrass Area
Extension Homemakers'
Annual Meeting*
OCTOBER 13, 2023



*Spotlighting
Carlisle, Kentucky*
**HOME OF THE LAST KENTUCKY
CABIN OF DANIEL BOONE**

*Featuring
Paula and Randy Hunter
portraying
Daniel and
Rebecca Boone*



**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.



Lunch Menu:

Option 1:

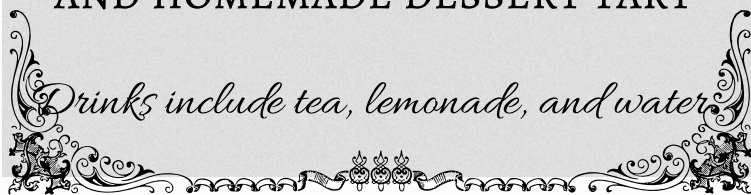
CHICKEN SALAD ON CROISSANT
WITH CHIPS, PASTA SALAD, AND A
HOMEMADE DESSERT TART

Option 2:

HAM AND CHEESE ON CROISSANT
WITH CHIPS, PASTA SALAD, AND
HOMEMADE DESSERT TART

Option 3:

VEGGIE WRAP, PASTA SALAD,
AND HOMEMADE DESSERT TART



Drinks include tea, lemonade, and water.

Please Join Us:

When:

FRIDAY, OCTOBER 13, 2023

Where:

NICHOLAS COUNTY ELEMENTARY SCHOOL CAFETERIA
133 SCHOOL DRIVE
CARLISLE, KY 40311

Time:

9:00 A.M. REGISTRATION

9:30 A.M. CALL TO ORDER

(MUFFINS, FRUIT, JUICE, AND COFFEE WILL BE AVAILABLE)

REGISTRATION DEADLINE

SEPTEMBER 25, 2023

Bluegrass Area Cultural Arts:

AVAILABLE FOR VIEWING IN THE
GYMNASIUM ADJACENT TO THE
CAFETERIA

FOR QUESTIONS:

CALL 859-289-2312 OR EMAIL
ASHLEY.VICE@UKY.EDU



Bluegrass Area Homemaker Annual Meeting Registration

Complete & return by September 25, 2023 to your County Extension Office with your \$15 check payable to: Fayette County Homemakers Mail to: Fayette County Extension Office, 1140 Harry Sykes Way, Lexington, KY 40504

Name: _____ Phone: _____

Email: _____

Club Name: _____ Mailbox Member _____ Guest _____

Chicken Salad Ham and Cheese Vegetarian Option



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

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LEXINGTON KY
PERMIT 112

Fayette County Cooperative Extension
1140 Harry Sykes Way
Lexington, KY 40504

RETURN SERVICE REQUESTED

Fayette County Extension Family and Consumer Sciences Newsletter

Maranda Brooks *Caroline McMahan*

Maranda Brooks Caroline McMahan
County Extension Agents for Family and Consumer Sciences



Fayette County Extension Service
1140 Harry Sykes Way
Lexington, KY 40504
(859) 257-5582
Office Hours: 8:00am - 4:30pm - Monday-Friday

UNIVERSITY OF KENTUCKY, KENTUCKY STATE
UNIVERSITY, U.S. DEPARTMENT OF AGRICULTURE,
AND KENTUCKY COUNTIES, COOPERATING

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