



SEPTEMBER 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/

Hello Homemakers!

As we enter the new Homemaker year, I wanted to thank you for such a great Kickoff in August. Thanks to everyone who helped plan the event, set-up for the night, and clean up at the end. We had a great turnout and thought the evening was a great way to celebrate a new Homemaker year.

Thank you to Marilyn Frank, our new Vice President, and Debbie Rice, our fantastic Treasurer. Fayette County Homemakers have pride and spirit, and we are excited to continue that this year. There are two more positions on the executive board we are hoping to fill. I know it is helpful to fully understand the requirements of a position before volunteering or committing your time, so I have included descriptions of the positions in hopes to clarify each role.

President:

- Preside over county council meetings, planning sessions, training meetings, and other special meetings (KEHA State meeting, area officer training, etc.)
• Assist in planning and conducting of the fall kickoff and annual May meeting
• Optional: write a letter to the homemakers in the monthly newsletter

Secretary:

- Attend executive board and council meetings; take minutes at each and keeping record of those minutes
• Know basic parliamentary procedure

There are also chair positions open, which require very minimal time commitment and consist mostly of being listed as the county contact for the respective position. If you are interested in being the county chair for any of the following positions, please let us know:

- Food, Nutrition, and Health
• Environmental, Housing, and Energy
• Leadership Development
• Management
• Family and Individual Development

Thank you for your continued dedication to your homes and families, your community, and to Fayette County Homemakers. I can't wait to see what the 2023-2024 year brings our way!

Caroline McMahan
Extension Agent for Family and Consumer Sciences

Lead Your Team: Health Literacy for the Win! Training

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.

Join us for this lesson on September 21, 2023 at 10:00am. Please RSVP to 859-257-5582.



THE FAYETTE COUNTY EXTENSION OFFICE WILL BE CLOSED MONDAY, SEPTEMBER 4, 2023

HAPPY LABOR DAY



## 2023-24 Homemaker Lessons

### **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.



The UK Cooperative Extension Service, UK Alumni Association UK Human Resources STEPS Temporary Employment are pleased to announce the Fall 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**

#### **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>

#### **September 26: Taking a New Path**

Presented by Candina Janicki, Career Development Manager, Murphy & Associates

This presentation covers tips for developing your marketing materials and a plan if you are transitioning into a new career pathway. Being able to show potential employers that you can transfer the valuable skills you already have could make you an attractive candidate for more jobs than you may have thought. Candina will focus on recognizing your transferrable skills and what you can take from one job to another.

\*\*Free resume critiques will be available immediately following Job Club for in-person attendees.

ONLINE ATTENDEES REGISTER HERE:

<https://bit.ly/JC092623>

## Recognizing and Managing Teen Depression

For young people, the start of a new school year can mean new struggles and challenges. Teenagers may struggle due to their changing bodies and hormones. Parents frequently wonder whether their child's behavior changes are typical or if there may be more to them than meets the eye. Become familiar with the warning signs and symptoms of depression to support our kids in leading happier, healthier lives.

Everyone experiences times when they may feel down or a little depressed. This is common and may even be beneficial so one learns to deal with the ebbs and flows of life. A depressive disorder, on the other hand, is marked sadness or a change in mood that adversely affects a person's functioning capacity. If untreated, symptoms may last for a few weeks to many years.

According to the National Institute of Health, before they turn 18, approximately 20% of teenagers experience depression. Numerous physical, psychological and environmental factors, such as low serotonin levels, low self-esteem, poor body image, relationship changes or loss, trauma, peer pressure, bullying and abuse, can contribute to teen depression.

According to the Diagnostic and Statistical Manual for Mental Disorders, general symptoms of a major depressive episode include having a depressed or irritable mood for longer than two weeks plus at least five signs of depression. These signs include

- sad feelings
- frequent crying
- loss of interest or pleasure in activities that once made a person happy
- significant weight loss or weight gain
- an increase or decrease in appetite
- anger
- agitation
- fatigue
- trouble concentrating
- withdrawal from family and friends
- change in sleep pattern
- thoughts of death
- thoughts, or plans or attempts at suicide.

Teens who are depressed may also struggle academically, express boredom, self-harm, engage in risky behavior, and frequently complain of physical symptoms like headaches and stomachaches.

If you feel like your teenager is experiencing depression, start with a primary care physician for a referral or contact a trained healthcare professional, who can diagnose your child and offer appropriate medical advice.

*Source: Kerri Ashurst, senior extension specialist*

Thanks for a Successful Kick-Off and Gift for Maui Recovery

by Doraine Bailey, FCHA VP

Thank you SO MUCH for a very successful Kick Off to our 2023-24 Homemaker Year! I am so very grateful for everything that everyone did beforehand and day of. Big thanks to our Committee: Judy Donley, Linda Frame, Joyce Engram, Julia Moore, Sierra Smith, Maranda Brooks, and Caroline McMahan. Thanks too to everyone who stepped up to volunteer to set up and serve and do so many little things to make the evening a success. Thanks to current and former Officers Alyce Emerson, Debbie Rice, and Ruth Sharrard for their help. Also thanks to students from the Family Care Center who helped with room set up, and the staff of the Extension Office who helped with registration, decor, newsletter, and room set up. Many hands make light work.

Another big thank you to Marilyn Frank, who has volunteered as the next Vice President for Fayette Co. Homemakers. I am so grateful for her willingness to serve.

FINALLY, I want to express my overwhelming gratitude for the extremely generous gift from FCHA to my daughter, Emily, who lost her home and car to the wildfires in Lahaina, Maui, on August 8. Y'all were pretty sneaky with the cards, gift cards, and check! As I read the cards with my husband later that evening, we were both overcome with gratitude for the sentiments of our Homemaker members and for our FCHA Officers for thinking of us at this time. We will use the \$500 gift to help Emily resupply basic, necessary things like clothes, shoes, work clothes (as she works in events management for a resort), and food for her chihuahua. Your kindness really means a lot to our whole family.

Thank you all for being a part of my life! Mahalo Nui and a hui ho! ('Thank you Very Much' and 'we'll meet again' in Hawaiian).

## Cultural Arts Results

Congratulations to the following blue ribbon winners at the Homemaker Kick-Off Cultural Arts Contest. You are now eligible for the Area Cultural Arts Contest in October. Watch your mail for more information about bringing in your exhibits.

Mary Beth Dunn - Apparel-Accessory

Judith Fifield - Art, Recycled-Household

Linda Richardson - Basket-Dyed Material, Basket-Novelty

Shirley Caldwell - Crochet-Accessories, Crochet-Fashion

Brenda Richards - Cross Stitch-16-22 Count

Debbie Rice - Embroidery, Machine

Toni Rodgers - Embroidery-Tatting/Lace Making

Phyllis Wilson - Holiday-Winter

Barbara Boetcher - Knitting-Accessories

KeeganSmith - Photography-Black & White, Photography-Color

Mary Beth Dunn - Quilt-Machine Appliqué (machine quilted), Quilt-Machine Pieced (machine quilted), Quilt-Novelty (stenciled, embroidered, miniature, etc.) (hand quilted), Quilt-Miscellaneous (hand or machine quilted)

 Cooperative  
Extension Service

## Slow Cooker Savvy: Make your best meals

Join us for slow-cooker tips and tricks this Fall. Get the best results from your slow cooker. Find out how to layer ingredients in the cooker and how to avoid common pitfalls. Plus, discover new ways to use your slow-cooker (think dessert!) for dishes that satisfy and impress.

Date: Wednesday, October 11th

Time: 11a-12p

Cost: Free

Call the Extension Office to register  
859-257-5582



For More Plate It Up  
Recipes, Visit:

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



## Pumpkin Apple Muffins

1¼ cups all-purpose flour	½ teaspoon ground ginger	1½ cups fresh pureed pumpkin
1¼ cups whole-wheat flour	½ teaspoon ground nutmeg	2 cups canola oil
1¼ teaspoons baking soda	1½ cups honey	2 cups Granny Smith apples, finely chopped
½ teaspoon salt	2 large eggs	
1½ teaspoons ground cinnamon		

**Preheat** oven to 325 degrees F. In a large bowl, **combine** flours, baking soda, salt and spices. In a small bowl, **combine** honey, eggs, pumpkin and oil; **stir** into dry ingredients just until moistened.

**Fold** in apples. **Fill** greased or paper lined muffin cups, two-thirds full. **Bake** for 25 to 30 minutes or until muffins test done. **Cool** for 10 minutes before removing from pan.

**Note:** Can substitute two cups granulated sugar for honey, decrease baking soda by ¼ teaspoon and increase oven temperature to 350 degrees F.

**Yield:** 18 muffins

**Nutritional Analysis:** 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



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, 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



**Pumpkin and Black Bird Wall Hanging:**

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

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 - 10am-4pm or 6pm-9pm.

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
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	
<b>TOTAL FEE AMOUNT</b>	<b>\$</b>

**2023 FCS CLASS REGISTRATION FORM:**

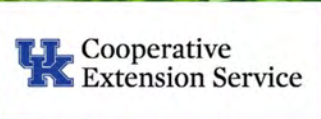
**Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**E-Mail:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_



# Fit and Flavor Edition Series

Wednesdays- September 27th, October 4th, 11th, & 18th from 5:30-7:30pm

Discover ways to pump up recipe flavors without sacrificing nutrition and how to use foods to power workouts and refuel after exercise. Join us for guest speakers, samples of recipes, Q&A sessions, and more!

Sessions held at the Fayette County Extension Office  
1140 Harry Sykes Way, Lexington, KY 40504

Series Cost: \$10.00

Call the Extension Office at 859-257-5582 to register for the series!

**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**

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# Kinship Care Workshop with Dr. Joseph Crumbley

## SEPTEMBER 18, 2023 (FOR CHILD WELFARE PROFESSIONALS AND EDUCATORS)

- 11AM-3PM (BREAK FOR LUNCH ON OWN 12-1PM)

## SEPTEMBER 20, 2023 (KINSHIP CAREGIVERS)

- OPEN TO ANYONE CARING FOR A RELATIVE CHILD! NO COURT INVOLVMENT REQUIRED.
- 10:30AM-1:30PM
- LUNCH PROVIDED



Located at the Fayette County Extension Office  
1140 Harry Sykes Way, Lexington, KY 40504

**REGISTER BY SEPTEMBER 4TH AT:**



**HTTPS://BIT.LY/CRUMBLEYBAIR  
CONTACT RWOMACK@BAIR.ORG WITH  
QUESTIONS**





**UK** Cooperative  
Extension Service

# A DIFFERENT WORLD & FCS PRESENTS 1st Annual TAILGATE FOR CHANGE FUNDRAISER

**Cornhole Winner:  
Special Big Blue PRIZE**

**September 9th  
10am - 1:30pm**



## **Vendors - Food - Cornhole Tournament**

For more information on being a vendor or  
sponsor please email Samantha at  
[info.adwinc@gmail.com](mailto:info.adwinc@gmail.com)

To volunteer or signup for cornhole tournament  
contact the extension office at 859-257-5582.

**1140 Harry Sykes Way Lexington, KY 40504**

**Cooperative  
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Agriculture and Natural Resources  
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4-11 Youth Development  
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Disabilities  
accommodated  
with prior notification.



# Daddy & Me



A safe space for girl dads to bond with their daughters through their hair!

Come and join our Daddy and Me event where girl dads will learn the basic skills needed to enhance their princesses crown!

**THURSDAY, SEPTEMBER 28TH**

At Fayette County Cooperative Extension Office

Hosted by:  
Monte from Posh  
Salon and Spa  
IG:  
[@carpediemcurls.llc](https://www.instagram.com/carpediemcurls.llc)

**COST: \$5 (tools and products provided)**

**TIME: 5:30-7:30pm**

**ADDRESS: 1140 Harry Skyes Wy**

**SLOTS: Limited (15 cap)**

**Call 859-257-5582 to register**

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Agriculture and Natural Resources  
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Community and Economic Development

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# 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.**

Register online: [fayette.ca.uky.edu/classregistration](http://fayette.ca.uky.edu/classregistration)  
or call 859-257-5582



**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 invitation is an equal opportunity  
provide. This material was partially  
funded by USDA's Supplemental  
Nutrition Assistance Program - SNAP.  
Putting Healthy Food  
Where People  
Need It



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](mailto:caroline.mcmahan@uky.edu)

### 2023 Program Schedule:

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



# Basket Classes

**Tuesday, October 24, 2023 ~ 10:00am**

**Muffin Basket**

This basket is suitable for all levels. This 8" rd. muffin basket will give the student lots of twinning experience and a chance to perfect this skill. Also refresh the technique for making a round base. Color trim with reed and dyed beads in the center area will be the accent and colors will be teal or brown. Specify choice. **Cost: \$35.00 for Fayette County Homemaker members OR \$45.00 for non-members.**



**Sarah's Split Twill Basket**

The basket is woven on a 8" x 11" rectangle wood base with handle attached. This sturdy low basket is made using a twill design ( sides step-up on each row ). Difficulty level is medium+ because spacing is very important!! and design requires attention throughout. **Cost: \$50.00 for Fayette County Homemaker members OR \$60.00 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.**

**BASKET CLASSES SIZE ARE LIMITED, 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.*

**NO EXCEPTIONS!**

**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>
Muffin Basket		\$35.00	\$45.00
Sarah's Split Twill Basket		\$50.00	\$60.00
I would like to purchase a kit for other basket not selected above		\$85.00	\$95.00
<b>TOTAL FEE DUE:</b>		\$	

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



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

*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  
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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 \_\_\_\_\_

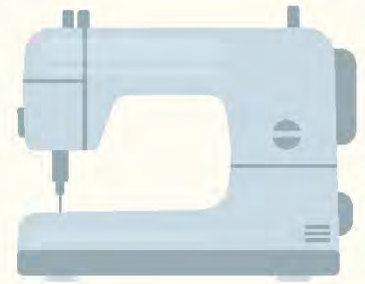
Chicken Salad  Ham and Cheese  Vegetarian Option

# Zippers, Pockets, Hems and More

 Cooperative Extension Service

Sundays, October 15 - November 19 - 4:30-7:30pm

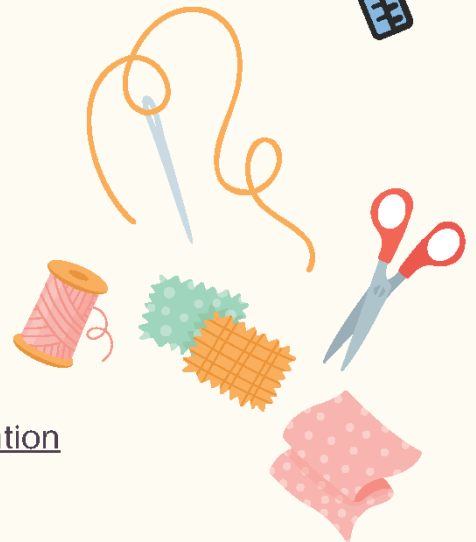
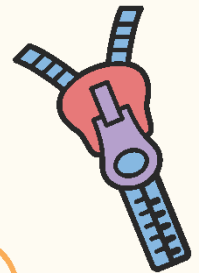
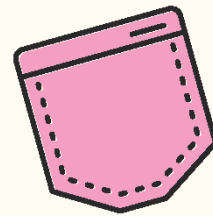
December 3, 10 & 17 - 1:00-4:00pm



Intermediate class, must know how to thread a sewing machine, make and insert bobbin and basic machine stitches. A supply list will be sent upon registration and supplies will be minimal with most fabric provided.



In this class we will cover the foundational techniques for inserting 3 different Zippers, 3 types of Pockets and various techniques for straight and curved Hems. This class focuses on students making a sample notebook of the various techniques to use as a guide for future sewing projects. Class size minimum 6 and Maximum is 12. Cost \$100 for the 9 week series.



Instructor: Loretta Haley



Register on-line: <https://fayette.ca.uky.edu/classregistration> or mail in registration form below with payment.

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## Zippers, Pockets, Hems and More Registration

Name \_\_\_\_\_ Email address \_\_\_\_\_

Mailing Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ I will:  Bring my own sewing machine  Need to use a sewing machine

Make \$100 check payable to: Community FCS Program

Mail to: Sewing Classes, Fayette County Extension, 1140 Harry Sykes Way, Lexington, KY 40504

**Cooperative Extension Service**

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# 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  
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