

For Office Use Only

_____ Date Received
 _____ Lodging, Meals
 _____ Registrations, Class Fees
 _____ Check #

Registration Deadline
 Postmarked on or before **July 1, 2009**
 After deadline a late fee will apply
 No registration forms will be accepted after
July 15, 2009

2009 Lake Cumberland Area Heritage Skills Retreat
INDIVIDUAL REGISTRATION FORM

Name: _____
 Address: _____
 City: _____ State: _____
 Zip: _____
 Phone: (____) _____ - _____ Cell Phone: (____) _____ - _____

MEALS
 Indicate all that apply to you!
 Snacks Included.

Thursday
 -0- No meals provided.

Friday
 _____ \$6.00 Breakfast
 (only for Thursday night people)

_____ \$7.00 Lunch
 _____ \$9.00 Dinner

Saturday
 _____ \$6.00 Breakfast
 _____ \$7.00 Lunch

_____ **TOTAL MEALS**



LODGING
 Rates are per person!
 All rooms are NON-SMOKING.

Please check if you need:
 ___ a first floor room
 ___ Handicap accessible room

Thursday night
 _____ Single @ \$36.00 person
 _____ Double @ \$22.00 person

Thursday night Roommates
 (Please list names)

_____ Triple @ \$16.00 person
 _____ Quad @ \$13.00 person

Friday night
 _____ Single @ \$36.00 person
 _____ Double @ \$22.00 person

Friday night Roommates
 (Please list names)

_____ Triple @ \$16.00 person
 _____ Quad @ \$13.00 person

_____ **TOTAL LODGING**

EARLY REGISTRATION
(by July 1, 2009)
 _____ \$11.00 Fri. & Sat.
 _____ \$ 6.00 Fri. Only
 _____ \$ 6.00 Sat. Only
 _____ **TOTAL REGISTRATION**

LATE REGISTRATION
(after July 1, 2009)
 _____ \$15.00 Fri. & Sat.
 _____ \$8.00 Fri. Only
 _____ \$8.00 Sat. Only
 _____ **TOTAL LATE REGISTRATION**

CLASS FEES
 _____ **TOTAL CLASS FEES**

_____ TOTAL MEALS
 _____ TOTAL LODGING
 _____ TOTAL REGISTRATION
 _____ TOTAL CLASS FEES
 _____ **GRAND TOTAL**

Make check payable to:
Green County Extension Office HSR

Return to:
 Audrey Myers
 LCA HSR Registration
 106 South Public Square
 Greensburg, KY 42743

2009 Heritage Skills Retreat

Kentucky Leadership Center Jabez, KY

August 28 & 29, 2009

<u>Class Number</u>	<u>Class Title</u>	<u>Class Time</u>	<u>Room</u>	<u>Class Fee</u>	<u>Instructor</u>	<u>Class Description</u>	<u>Supplies YOU must bring</u>	<u>Class Size</u>
1	Kitty Cat Pillow/Wall-hanging	Fri. 8:00am-12:00pm	Board Room	\$8.00	Polly Sartin	Cat will be appliquéd to a background. Embroidery details will personalize the cat. Mouse/butterfly may be added	Background material (enough for wall hanging approx 1yard or 14' square for a pillow, scissors, black embroidery thread, pencil	Maximum 8
2	Knitting for Beginners	Fri. 8:00am-10:00am	Feltner Room	\$5.00	Mary Hays	Learn to cast on and cast off. Knit a pot holder using the knit stitch only.	Knitting needles (size 10-10 ½)scissors, yarn of your choosing	No limit
3	Jewelry Keeper	Fri. 10:00am-12:00am and 1:30pm-5:30pm	Feltner Room	\$10.00	Sena Schaefer	This is a jewelry storage item designed to keep jewelry safe in your home	Sewing machine, needle for hand sewing, pins, scissors, tape measure, marking pen, plastic hanger, iron	No limit
4	Southwest Bun Basket	Fri. 8:00am-12:00pm	Meeting Room A	\$26.00	Rosemary Groves and Mary McAllister	Learn to make a round basket using basic basket techniques	Bring basket tools, water bucket, towel and scissors	No limit
5	Pulled Thread Technique	Fri. 8:00am-10:00am	Meeting Room B	\$5.00	Jane Baxter Jones	Learn how to do the ancient art of pulled thread	All supplies will be furnished by the instructor	Maximum 10
6	Tartan Stitching Technique	Fri. 10:00am-12:00pm	Meeting Room B	\$5.00	Jane Baxter Jones	Make a needlework pin cushion by learning the tartan stitching technique	All supplies will be furnished by the instructor	Maximum 10

7	Wiggle Worm Quilt	Fri. 8:00am-12:00pm	Meeting Room C	\$8.00	Kathy Jones	A 40x50" baby quilt	(List will be mailed to you)	Maximum 10
8	Breast Cancer Hope Basket	Fri. 8:00am-12:00pm AND 1:30pm-3:30pm	Meeting Room D	\$38.00	Ann Barnett	Basket with wood base and swing handle pink ribbons as accent	Scissors, tape measure, clothespins, towel, bucket, flathead screwdriver	Minimum 10
9	Herbal Dreams/ Stress Therapeutic Pillow	Fri. 10:00am-12:00pm	Apartment	\$13.00	Linda Milby	These herbal pillows are made with natural ingredients, a mixture of fresh herbs and essential oils, designed to make you rest peacefully and or soothe a headache after a long day. After made, you tuck it inside of your pillow case, or underneath, your preference. They make wonderful gifts or for yourself.	Bring a sewing needle, a spool of natural quilting thread, and anything that you would like to embellish with to make it more personalized.	Maximum 12
10	Pink Hibiscus Painting	Fri. 8:00am-12:00pm AND 1:30pm-5:30pm	Kidwell	\$35.00	Gail Alford	Oil painting with acrylic background on 16x20 stretched canvas	(List will be mailed to you)	Minimum 5 Maximum 10
11	Victorian Sewing Box (Etui Box)	Fri. 8:00am-12:00pm (PART ONE) AND Sat. 8:00am-12:00pm (PART TWO)	Maple	\$15.00	Vickie Gray	English sewing box from the late 1800's, a popular craft in the Victorian Time. When the lid is lifted, it reveals a delightful interior	½ yard box fabric (outer) 1/3 yard pad fabric, 1 ½ yard wonder-under, ½ yard matching upholstery	Maximum 10

						holding all the special sewing tools you want to place in it.	braid, hot glue gun and a package of glue sticks, scissors, ruler and iron	
12	Wallpaper Ornaments	Fri. 8:00am-10:00am	Dining Room	\$3.00	Kathleen Fuller	Styrofoam eggs covered with folded wallpaper	Scissors	Minimum 6 Maximum 15
13	Greeting Cards	Fri. 10:00am-12:00pm	Dining Room	\$10.00	Verna Rayburn	Hand decorated greeting cards, using paint pens	A plain white mug, or plate if desired	No limit
14	Wood burning Pyrohgraphics One	Fri. 10:00am-12:00pm	Porch	\$10.00	Pamela Gibson	Students will learn how to transfer and pattern/picture to a recipe box and then use a wood burner to burn the image into the box.	Wood burner, pencil, short extension cord, magnifying glass (optional) **If you would like the instructor to purchase a wood burner add \$13.00**	Maximum 10
15	Fabric Locker Hooking Basics	Fri. 1:30pm-5:30pm	Board Room	\$12.00	Kris Nelson	Learn basic steps of locker hooking to complete an eight inch hot pad with random colors	Small sharp scissors for cutting fabric, utility scissors (for canvas)	Maximum 12
16	Felt Pineapple Table Runner	Fri. 1:30pm-5:30pm	Meeting Room A	\$20.00	Sandy Ellis	Pre-felted table runner with the endearing symbol of hospitality, the pineapple. Aprox. 42"x 9 1/2 "	Invisible pen for marking, embroidery needles, pins, ruler and scissors	Maximum 12
17	Celtic Decorated Sweatshirt	Fri. 1:30pm-5:30pm	Meeting Room B	\$8.00	Kathy Jones	A plain sweatshirt decorated to make a work of art. Celtic without bias	Sweatshirt, four 1/4 yard pieces of coordinating fabric or 1/2 yard of batik fabric. Sewing machine with	Maximum 10

							zig-zag capability	
18	Snowman Pillow	Fri. 1:30pm-5:30pm	Meeting Room C	\$7.00	Dicie Stinson	Snowman sewn on a pillow with embellishments	Needle with a big eye	Maximum 15
19	Beading Basics	Fri. 3:30pm-5:30pm	Meeting Room D	\$8.00	Janna Brown	Introduction to basic tools, supplies, and beading techniques. (option of making a bracelet or earrings)	May bring your own tools if you have them. Instructor will furnish everything	Maximum 12
20	Fabulous Four Patch Table Runner	Fri. 1:30pm-5:30pm	Maple	\$5.00	Denise Stewart	A large print fabric can create a fabulous four-patch pinwheels using the "stack and whack" technique The final result is often a surprise! The project will make enough blocks for a table runner about 18x 42 inches. Kit is available to purchase for \$15.00	(List will be mailed to you)	Maximum 20
21	Fall Banner	Fri. 1:30pm-3:30pm	Dining Room	\$5.00	Sharon Wood	Wooden banner for fall to be used on an outside garden staff. (staff not included)	Sharp scissors, #10 flat shader brush, #0 liner brush	No limit
22	Fall Banner	Fri. 3:30pm-5:30pm	Dining Room	\$5.00	Sharon Wood	Wooden banner for fall to be used on an outside garden staff. (staff not included)	Sharp scissors, #10 flat shader brush, #0 liner brush	No limit
23	Wood burning	Fri. 3:30pm-	Porch	\$5.00	Pamela	Students will	Wood burner,	Maximum 5

	Pyrohgraphics Two	5:30pm			Gibson	transfer a picture/image to a wood plaque then burn the image into the wood	pencil, short extension cord, magnifying glass optional **If you would like the instructor to purchase a wood burner add \$13.00**	
24	Felted Sweater Sheep Ornament	Fri. 8:00pm-10:00pm	Meeting Room B	\$10.00	Sandy Ellis	Adorable ornament using old felt wool sweaters	Embroidery needles, pins, scissors	Maximum 12
25	Lip Balm & Body Scrub	Fri. 8:00pm-10:00pm	Apartment	\$13.00	Linda Milby	This lip scrub and lip balm is so good and yummy. The scrub exfoliates your lips and makes them super soft and adding the lip balm after, will make them luscious and supple. This class will include several recipes and both items to take home. Some of the ingredients are beeswax, essential oils, vitamin E, just to name a few.	All supplies will be furnished by the instructor	Maximum 12
26	Kris's Shoulder Tote with Liner Instructions	Sat. 8:00am-12:00pm	Board Room	\$25.00	Kris Nelson	This 7"x9" tote is woven on a wooden base, color is added as an overlay, it has a leather strap	Utility scissors, small bucket, cloth tape measure, clothespins, old towel, utility	Maximum 10

						handle and instructions are included for sewing a fabric liner that is removable	knife, 2 2 liter soda bottles to be used as a mold	
27	Treetop Santa	Sat. 8:00am-12:00pm	Feltner Room	\$5.00	Traci Mings	12"x18" cone shaped Santa painted with acrylic paint on water color paper. Can be a tree topper on a Christmas tree.	Brushes: #12 flat, #4 flat, #6 filbert, #10/0 liner, #1 long liner, ¼" mini mop or any brush to stipple. Thimble if you have one, black non-smear graphite transfer paper, pen sharp scissors, water container	No limit
28	Chicken Scratch	Sat. 8:00am-10:00am	Meeting Room A	\$5.00	Cathy Berry	Basic embroidery on a gingham ball jar lid	Small embroidery hoop, scissors	No limit
29	Painted Halloween Gourd	Sat. 10:00am-12:00pm	Meeting Room A	\$10.00	Maxideen Pruitt	Jack-o-lanterns painted on a gourd	Brushes: #1 script liner, angle brushes ¼ and ½ inch, hair dryer	Maximum 10
30	Bargello Kimono	Sat. 8:00am-12:00pm	Meeting Room B	\$10.00	Denise Stewart	Strip-pieced panels are the basis for this stunning design. The Bargello design is contained by the plain pieces to form the shape of a Japanese garment called a kimono. Quite elegant for any	Sewing machine with new needle, ¼" seam guide, extra bobbins, optional for machine quilting: even-feed or walking foot, invisible thread, rotary	Maximum 20

						décor! Makes a wall hanging approx. 24x 24 inches	cutter with sharp blade, large mate (18 x 24 inches), 6 x 24 acrylic ruler, freezer paper, iron and ironing board (students may share) basic sewing supplies: pins, seam ripper, fabric pencil, etc.	
31	Yo-Yo Pillow	Sat. 8:00am-12:00pm	Meeting Room C	\$10.00	Dicie Stinson	Learn how to make yo-yo's and sew together to make a pillow top	Needle	Maximum 15
32	Beaded Christmas Tree Decorations	Sat. 8:00am-10:00am	Meeting Room D	\$8.00	Barbara Jascor	Satin Styrofoam balls decorated with ribbon and beads	All supplies will be furnished by the instructor	Maximum 10
33	Flower Garden Basket	Sat. 10:00am-12:00pm AND 1:30pm-5:30pm	Meeting Room D	\$30.00	Rosemary Graves and Mary McAllister	Market style basket with embellishments	Bring basket tools, water bucket, towel and scissors	No limit
34	Herbal Dreams/ Stress Therapeutic Pillow	Sat. 8:00am-10:00am	Apartment	\$13.00	Linda Milby	These herbal pillows are made with natural ingredients, a mixture of fresh herbs and essential oils, designed to make you rest peacefully and or soothe a headache after a long day. After made, you tuck it inside of your	Bring a sewing needle, a spool of natural quilting thread, and anything that you would like to embellish with to make it more personalized.	Maximum 12

						pillow case, or underneath, your preference. They make wonderful gifts or for yourself.		
35	Lip Balm & Body Scrub	Sat. 10:00am-12:00pm	Apartment	\$13.00	Linda Milby	This lip scrub and lip balm is so good and yummy. The scrub exfoliates your lips and makes them super soft and adding the lip balm after, will make them luscious and supple. This class will include several recipes and both items to take home. Some of the ingredients are beeswax, essential oils, vitamin E, just to name a few.	All supplies will be furnished by the instructor	Maximum 12
36	Double Running Embroidery Technique	Sat. 8:00am-12:00pm	Kidwell	\$5.00	Jane Baxter Jones	You will learn the ancient art of the double running embroidery technique	All supplies will be furnished by the instructor	Maximum 10
37	Wood burning Pyrohgraphics Three	Sat. 8:00am-10:00am	Porch	\$5.00	Pamela Gibson	Students can bring their item made in the wood working classes and burn an image into the wood using a wood burner (Wood burner, pencil, short extension cord, magnifying glass (optional) **If you would like the instructor to	Maximum 5

						boxes will be available to purchase for an additional \$6.00)	purchase a wood burner add \$13.00**	
38	Toilet Paper Storage	Sat. 10:00am-12:00pm	Porch	\$20.00	Greg Whitis	This toilet paper storage items holds 4 rolls of paper, is approximately 8 inches square and 26 inches tall. Will not have the quarter moon. The assembly screws will be hidden with wooden buttons.	Bring a cordless drill if you have one	Maximum 5
39	Fall Banner	Sat. 10:00am-12:00pm	Dining Room	\$5.00	Sharon Wood	Wooden banner for fall to be used on an outside garden staff. (staff not included)	Sharp scissors, #10 flat shader brush, #0 liner brush	No limit
40	Easy Knit Christmas Stocking	Sat. 1:30pm-5:30pm	Board Room	\$5.00	Kay Spillman	Knit a 12 inch Christmas stocking and leave it plain or add embellishments. This project is for advanced beginners.	At least 50 worsted weight yarn in a Christmas color and size 9 or 10 inch single pointed knitting needles and a yarn sewing needle	Minimum 10 Maximum 15
41	Fall Banner	Sat. 1:30pm-3:30pm	Feltner Room	\$5.00	Sharon Wood	Wooden banner for fall to be used on an outside garden staff. (staff not included)	Sharp scissors, #10 flat shader brush, #0 liner brush	No limit
42	Mountain Man Painting	Sat. 1:30pm-5:30pm	Meeting Room A	\$5.00	Jonny Davis	An old man painted on the end of a tobacco	Brushes: floater, liner and shader	Minimum 5 Maximum 12

						stick		
43	Dresden Plate Quilt Square or Pillow	Sat. 1:30pm-5:30pm	Meeting Room B	\$7.00	Polly Sartin	14" quilt square which could be made into a pillow, made using the Dresden Express cutting tool	Background material (white or off white) enough for two blocks, 5" wide material for plates-either 30's prints, or two bright materials , sewing machine rotary cutter and mat, thread, pins, iron, scissors, needle for appliquéing	Maximum 10
44	Treetop Santa	Sat. 1:30pm-5:30pm	Meeting Room C	\$5.00	Traci Mings	12"x18" cone shaped Santa painted with acrylic paint on water color paper. Can be a tree topper on a Christmas tree.	Brushes: #12 flat, #4 flat, #6 filbert, #10/0 liner, #1 long liner, ¼" mini mop or any brush to stipple. Thimble if you have one, black non-smear graphite transfer paper, pen sharp scissors, water container	No limit
45	Dying Wool (PART ONE)	Thurs. 6:00pm-9:00pm	Kidwell	\$10.00	Sandy Ellis	In this class you will learn the art of dyeing wool. You will be dyeing your own wool to use in the spinning class. If you sign up for both classes	All supplies will be furnished by the instructor	Maximum 10

						(PART ONE AND PART TWO) The cost of both classes will be \$20.00		
46	Spinning your own yarn using a drop spindle (PART TWO)	Sat. 1:30pm-5:30pm	Kidwell	\$15.00	Sandy Ellis	You will learn how to spin yarn out of wool by using a drop spindle	All supplies will be furnished by the instructor	Maximum 10
47	Seascape Painting	Thurs. 6:00pm-9:00pm	Maple	\$10.00	Jonny Davis	A painting of a sea scene with a palm tree, ocean and beach	Brushes: Square shader, stippler liner, floater, fibert if you have one	Minimum 5 Maximum 12
48	Large Bluebird House from Pine	Fri. 8:00am-9:00am	Porch	\$7.00	Greg Whitis	Large Bluebird house is made from pine and the sides open for easy cleaning. If you would like to paint this house you will need to take Sharon Wood's 2 hour painting class	A cordless drill if you have one. Please do not purchase one.	Maximum 10
49	Lady Bug House from Pine	Fri. 10:00am-11:00am	Porch	\$7.00	Greg Whitis	This house would make a nice addition to a flower garden. Made from pine and approx. 8 inches wide, 4 inches deep and 12 inches high. Can hang or set. Painting is optional	A cordless drill if you have one. Please do not purchase one.	Maximum 10
50	Napkin Holder	Sat. 2:30pm-3:30pm	Porch	\$5.00	Greg Whitis	The pattern is taken from the napkin holder at the Leadership Center. It has an oak base with	If you are allergic to latex and or powder in gloves you need to bring your own	Maximum 15

						oak veneer plywood sides. Light sanding will be required. Can order the following patterns (please indicate what pattern you would like on your registration form: Kentucky, Tennessee, 4-Leaf Clover, McCreary, Wayne, Clinton, Cumberland or Adair County	gloves	
51	Small Bluebird House	Sat. 1:30pm- 2:30pm	Porch	\$4.00	Greg Whitis	This small blue bird house is made from pine. The front opens for easy cleaning. If you wish to paint this house you will need to take Sharon Wood's 2 hour painting class	A cordless drill if you have one. Please do not purchase one.	Maximum 10
52	Small Wren House	Fri. 1:30pm- 2:30pm	Porch	\$5.00	Greg Whitis	Small hanging wren house made from pine. Approx. 4x4x6. If you wish to paint this house you will need to take Sharon Wood's 2 hour painting class.	A cordless drill if you have one. Please do not purchase one.	Maximum 10
53	Bird Feeder	Fri. 3:30pm- 4:30pm	Porch	\$8.00	Greg Whitis	This feeder is made from pine and it is not a hopper style, you put the feed	None	Maximum 10

						directly on the floor of the feeder. It holds about one quart of food. If you wish to paint this feeder you will need to take Sharon Wood's 2 hour painting class.		
54	Paper Towel Holder	Sat. 9:00am-10:00am	Porch	\$14.00	Greg Whitis	This paper towel holder looks like a bird house. The roof lifts up to change out the rolls. If you wish to paint this you will need to take Sharon Wood's 2 hour painting class.	None	Maximum 10

May 13, 2009



Greetings! We are excited for the 2009 Heritage Skills Retreat on August 28th & 29th at the Kentucky Leadership Center in Jabez, Kentucky. This year we have several activities planned, there's a lil' something for everyone! We have a couple Thursday classes for those who want to get there early, but all classes will begin promptly on Friday morning, August 28th, at 8:00 AM EDT. The retreat will conclude on Saturday afternoon, August 29th at 5:00 PM EDT. Remember, the Leadership Center is in the EASTERN TIME ZONE! Come join the fun, meet new friends, and learn new skills!

Please read all instructions. There are always some changes. Complete the registration information as requested. Our goal is to conduct an educational and fun retreat with minimum frustration and at the least cost.

Class pictures: Class pictures are available at all Lake Cumberland Area County Extension Offices.

Deadline: July 1st is the deadline for returning the registration form. Applications will be accepted until July 15th, but will have an added late registration fee. Please make your check or money order payable to the **Green County Extension Office HSR**. Do not send cash. Registration forms must be postmarked on or before the July 15th late registration deadline or they will not be accepted.

Refunds: No refunds will be made after the deadline, except in the case of major illness, hospitalization or death in family. All rooms and meals have to be paid for even though they are not used. Rooms and meal reservations are made immediately after you send in your registration forms.

Thursday night: Lodging is available and breakfast is available on Friday (7:00AM) for those who spend Thursday night. There are also a couple classes offered.

No meals will be served on Thursday night.

Extras: There will be a bazaar from 7:00-8:00PM on Friday where you may sell craft kits, instructions, crafts, cookbooks, whatever you choose! There will also be a Make It and Take It session on Friday 8:00-9:00PM, as well as a few night classes. This will be a great time to visit and relax with other Heritage Skill Retreaters.

Meals: Lunch will be served at 12:15-1:15PM on Friday and Saturday. Dinner will be served at 6:00-7:00PM on Friday night.

Payment: For class fees, registration, meals and lodging are due along with the registration form to:

Audrey Myers
HSR Registration
106 South Public Square
Greensburg, KY 42743
Phone: 270-932-5311 e-mail: audrey.myers@uky.edu

More information? Contact your local County Extension Agent for Family and Consumer Sciences in the Lake Cumberland Area.



Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Disabilities accommodated with prior notification.

CLASS REGISTRATION FORM

Name: _____ County or Address _____
 (Address if outside KY)

Thursday Classes

Class Number	Class Title	Fee

Friday Classes

Class Number	Class Title	Fee

Saturday Classes

Class Number	Class Title	Fee

Total Fees: _____

Extra Kits to be purchased directly from teachers (for teacher planning, not guaranteed).

Class Title	Fee