

An Extension Homemaker is...

A young professional

Broadening her horizons through informal, fun programs

A mother

Learning life skills to improve the lives of herself and her family

A grandmother

Learning how to cook, and not being embarrassed if it turns out inedible

A working woman

Sharing her problems, ideas and successes with other women

A friend, a sister, a neighbor

Working to improve our community, our country, our nation and our world

You

The Fayette County Cooperative Extension Service is a partnership between the University of Kentucky, the U.S. Department of Agriculture, and Lexington-Fayette Urban County Government. Our staff is ready to answer questions and address concerns about issues important to you. We provide information in person, by phone, by mail, at meetings, in newspapers and on radio and television. Visit our office for bulletins and brochures on a wide variety of topics.

Fayette County Cooperative Extension
Amelia Brown and Diana Doggett, Agents
Family and Consumer Sciences/Homemaker Clubs Advisers
1140 Red Mile Place
Lexington, KY 40504-1172
P. (859) 257-5582 F. (859) 254-3697
DL_CES_FAYETTE@EMAIL.UKY.EDU
<http://ces.ca.uky.edu/fayette>
8 a.m. - 4:30 p.m., M - F

UNIVERSITY OF KENTUCKY
College of Agriculture
Cooperative Extension Services
Natural Resources—Family & Consumer Sciences
4-H Youth Development—Community & Economic Development
Serving All Kentuckians

Extend your reach—

grow in a new direction

Fayette County
Extension Homemakers

If we don't change, we don't grow. If we don't grow, we aren't really living. Growth demands a temporary surrender of security.

- Gail Sheehy

Join hundreds of Kentucky women in all that the Extension Homemakers Club has to offer!

As an Extension Homemaker you will

- Receive newsletters listing all programs
- Attend workshops and events
- Receive educational leaflets
- Be eligible to join special interest groups
- Be able to continue education
- Be able to volunteer in community projects
- Keep up-to-date trends and research
- Meet others with similar interests

Clubs meet monthly in homes, churches, restaurants or community centers in the day or evening, Monday through Friday. Local clubs have as few as 15 members or as many as 30.

Meetings are informal times of demonstration, discussion, idea sharing and show-and tell, and are taught by club volunteers!

Keep a busy schedule and cannot commit to a monthly member?

Become an Associate Member!

Enjoy all the benefits of membership plus

- Innovative lessons mailed to your home
- Newsletter to keep you in the know
- Special notification about county and area activities



Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Daytime Phone: () _____ - _____

2009-2010 Homemaker Lessons

- Communicating with Elected Officials
- Cooking Under Pressure
- What is Your Stroke Risk?
- Money Management Tips for Hard Times
- Osteoporosis
- Oh Nuts!
- Shoe Savvy
- Food Scapes

Other great opportunities offered exclusively to Homemakers:

JOY OF GIVING: Gifts are provided for nursing home patients to give to loved ones at Christmas. Last year we visited 10 nursing homes and reached 896 patients.

FOOD, FLOWERS & FUN: Innovative sessions on food preparation, gardening and health. Home-makers take an active role in planning this exciting February conference!

CULTURAL ARTS CAMP AND WORKSHOPS: For those who are interested in learning new crafts.

CULTURAL ARTS COMPETITION: An opportunity to enter cultural arts items in contests on the area and state levels.

REACH FOR RECOVERY: Homemakers make and donate pillows for patients recovering from breast cancer surgery.

TAB PROJECT: Collecting aluminum can tabs to raise money for the Kentucky Children's Hospital.

Email Address: _____

I am interested in joining a Homemaker's Club:

___ Day ___ Evening Day of Week _____

*Please make checks payable to
Fayette County Extension Homemakers.*

Return form and payment to:
Fayette County Extension Homemakers
c/O Fayette County Extension Office
1140 Red Mile Place
Lexington, KY 40504-1172