

FAMILY & CONSUMER SCIENCES

March 2011



Notes from Franklin County Homemaker President

The **Franklin County Homemaker Scholarship** application packet is ready to distribute! Applications may be picked up from any local high school guidance counselor, at the Extension Office, or online at http://ces.ca.uky.edu/franklin-files/FCS/Homemaker_Scholarship_Packet.pdf. Deadline for submission is 4:30, May 2nd. (See pages 7-8)

Craft Day—If you are interested in teaching a craft or would like to take a particular craft, please contact the Extension Office or myself. A one day crafting event is being planned for the Spring.

County Annual Meeting—May 16. We will need assistance with decorations and suggestions for a speaker. Please let me know if you are able to assist or have ideas.

Annual Area Meeting—October 18th. Each club is to have a representative to serve on the Planning Committee. Please provide a name and contact information to me no later than March 2. Clubs were to identify these during their February meeting. Speaker suggestions and possible locations are also needed.

Franklin County has the responsibility of appointing an **Internation Chair to the Ft. Harrod Area**. If you would like to volunteer, please contact Rita Belen at 330-4418.

Holiday Store 2011—It's NEVER too late to start planning. Be aware that the Holiday Store date has been moved to **November 19th**.

Leadership Opportunity—Nominations for Secretary-Treasurer are now being accepted until May 2. Contact Rita Belen for more information.

Rita Belen

<http://ces.ca.uky.edu/franklin/FamilyConsumerSciences>

NOTE: Reservations for workshops that have a fee will not be taken until payment is made. Payment for workshops should be brought to the office or mailed with your registration information. Make sure your name and phone number are on all correspondence.

Check out our **Calendar of Events** online:

<http://ces.ca.uky.edu/franklin/UpcomingEvents>



Homemaker Leadership Training—April Lesson CLEAN IT QUICK!

March 21, 2011
10:00 a.m.
Room A/B



Taking Control of Your Diabetes

Is diabetes taking control of your life? Find out how to regain control by participating in this multi-session class. Gain more knowledge and support on how you can better manage your diabetes. This class is being held at the First Baptist Church at 100 West Clinton St. The first class was Wednesday, February 16th and meeting each Wednesday thereafter until April 22. The class will meet from 5:30 p.m. - 7:00 p.m. If you are interested in joining this class, contact Tamera Thomas.



Financial Smart Start for Newlyweds

This five-part series runs April 4, 11, 18, & 25. Room C, Extension Office, 5:30 - 7:00. No Fee. Learn how to set goals and establish your family's spending and savings plan.

For additional information contact the Extension Office at (502) 695-9035 or email Tamera.Thomas@uky.edu.

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MARCH 2011 CLUB CALENDAR

March Lesson: FAMILY FUN MEALTIME

Roll Call: *Spring cleaning—What spring housekeeping chore do you detest the most?*

Thought for the Month: Sweep the cob webs from your mind. Accept a new challenge.

Please verify with your club president for your March meeting dates and locations. This information is based on the forms that are sent to us from your club.

Club	Date	Hostess	Place
Cloverdale	Mar. 8 @ 7:00 pm	Elaine Sims	Elaine Sims
College Park	Mar. 15 @ 1:00 pm	Evelyn Williams	Evelyn Williams
Country Lane	Mar. 9 @ 9:30 am	Sally Tillett	Sally Tillett
Indian Hills	Mar. 16 @ 10:00 pm	Evelyn White Marilyn Davis	EXTENSION OFFICE
Louisville Rd	Mar. 2 @ 10:00 am	Grace Marcum	Grace Marcum
Meadows	Mar. 1 @ 6:30 pm	Leslie Driskell	EXTENSION OFFICE
Random	Mar. 21 @ noon	Gil Thurman	Brown Bag Lunch EXTENSION OFFICE
Ridgeview	Mar. 10 @ 11:00 am	Rhenda Mills Joyce Sturgill	EXTENSION OFFICE
S & S	Mar. 15 @ 6:00 pm	Donna Hedges	Donna Hedges
Springhill	Mar. 3 @ 11:30 am	Cheryl Smith	Cheryl Smith
Sunny Morning	Mar. 1 @ 10:00 am	Donna Marston	EXTENSION OFFICE
Swallowfield	Mar. 14 @ 6:30 pm	Nancy Rice	Paul Sawyer Library
Switzer	Mar. 1 @ 10:00 am	Susan Sparrow	
West End	Mar. 7 @ 6:30 pm	Linda Thomas	EXTENSION OFFICE

FRANKLIN COUNTY FAIR BOARD SEEKING VOLUNTEERS AND DONATIONS

Volunteers for the 2011 Franklin County Fair are needed for the exhibit hall this year. In addition, the Fair Board is seeking monetary donations from clubs and individuals for awards and prizes for the fair. If you or your club would be interested in donating or volunteering, please contact:

Jackie C. Phillips
4221 Shadrack Ferry Road
Frankfort KY 40601
(502) 223-3203
jackietp50@aol.com



Got Pull-Tabs?

Can you imagine that by pulling a tab off of a can, you would be able to help send a child who has been diagnosed with cancer to camp? This was the idea that two counselors of Indian Summer Camp, Jack and Gayle Patrick, had back in the late 1990's.

Almost 20 years and a couple of tons of tabs later we are still going strong.

Indian Summer Camp collects aluminum can tabs to support our summer and teen camp programs, as well as expansion programs. This has been our longest running fund raiser for our camp and is a vital part of the continuation of these programs.

You may ask yourself, "Why the tabs?" While many individuals save cans, they take up a great deal of space and are difficult to deal with. On the other hand, saving just the pull tabs is much simpler! They take up less space and are cleaner to store. And as it was originally intended, the kids can be involved with the collection of the tabs as well as helping to recycle.

The program is simple! Collect pull tabs off any aluminum can product- sodas, soups, etc. then store the tabs till you are ready to take them to the recycler. Tabs can be stored many different ways, in milk jugs, coffee cans, zip lock baggies or a large bucket or trash can. Tabs are weighed like any aluminum product, the more you have the bigger your donation. Most recyclers around the state give an increase in price for 100 pounds or more. (On a general rule of thumb, a full milk jug weighs just about 3 pounds.) So get your family, friends, your local church group or other organization involved, and you will be amazed at how quickly your collection grow.

Source: Indian Summer Camp Website. <http://iscamp.org/home.html>

Bring your pull-tabs to the Extension Office M-F, 8:00—4:30



4-H Summer Camp Program Needs You!

The University of Kentucky has succeeded in making necessary renovations to Franklin County's home camp, Camp North Central in Carlisle, KY. The renovations include new cabins allowing counties to bring more 4-Hers. As a result of these renovations and other expenses such as transportation costs and camp supplies, the total cost of camp per child will have to increase. In an effort to avoid increasing the price for parents of campers and risk losing children, we are hoping to acquire donations and/or scholarships for children to continue to allow them the opportunity to make these lifelong 4-H memories. This year 4-H'ers from Franklin County will travel to Camp North Central June 28—July 1.

The fee for each camper this year will be \$175. Partial and full scholarships are available because of the generosity of the many people, including the Franklin County Homemakers who give generously each year to send our youth to camp. If you or your homemakers club are interested in helping your local 4-H program with this endeavor, please contact 4-H Agents, Whitney McKoy or Mike Meyer (502) 695-9035 or email, whitney.mckoy@uky.edu or mike.meyer@uky.edu.



Franklin County Youth at 4-H Summer Camp 2010

General Butler State Resort Park

April 12-13, 2011

Registration deadline April 1. Class choices are based on date of postmark.

“It’s Sew Fine” 2011 Sewing Expo Schedule

All times are Eastern Standard Time

Tuesday, April 12

10:00 AM - 12:00 Noon Registration

10:00 AM - 12:00 Noon “Make It & Take It” Workshops

Patchwork Nametag

Each participant will be making a Patchwork Nametag. These nametags will have your name embroidered on the front.

11:30 – 12:30 PM Lunch

12:30 – 4:00 PM Afternoon Classes

- | | |
|--|---|
| A. Old Blocks . . . New Tricks | G. Mastering Miters & More |
| B. Working with Wool-Embroidery Envelope | H. Dye Play: Intro to Procion MX Fiber
Reactive Dyes |
| C. Make Pants That Fit & Lose 10 lbs. During Class | I. 4th of July Pinwheel Wall Hanging |
| D. Texture Magic | J. Fabriholics Fantasy |
| E. Envelope Neck Purse | |
| F. Specialty Quilt Battings | |

6:00 PM Buffet Dinner – Keynote Speaker Pam Damour

Nationally acclaimed interior designer and educator Pam Damour calls herself a “Recovering Quilter”. An interior designer by profession, a scrap fabric quilter by passion, she’s piled up her own small mountain of UFO’s. Join Pam as she shares with you projects from her new book on how to use up your unfinished quilts in unique and creative ways. You’ll be surprised how much fun it can be finishing your UFO’s into new projects you can use everyday around your home.

8:00 PM Exhibits – Instructor Show Case

Join Expo instructors as they share, demonstrate, and sell their wares.

* **“Showcase of previous Sewing Expo Projects this evening.”**

Wednesday, April 13

8:30 AM – 5:00 PM All Day Classes

- | | |
|---|--|
| K. Crazy Block Jacket | S. Rectangle to Jacket |
| L. Easy Point | T. Othello Jacket |
| M. Fat Quarter Fun | U. Million Dollar Techniques |
| N. Not Your Grandmother’s Flower Garden | V. Dye Play: Soy Wax & Thickened Dye Process |
| O. Machine Needle & Threads (& Tension) Oh, My! | W. Flip for the Holidays Reversible Quilt |
| P. Whimsy Butterflies | X. Mystery Quilt |
| Q. Decorative Stitch Thread Painting | Y. Boat Neck Tee |
| R. Bodacious Feather Star | Z. Serger Basics and Beyond |

Registration Packet & Supply Lists can be found on the following web site:

<http://ces.ca.uky.edu/owen>

Click on Family & Consumer Sciences & then click on Sewing Expo 2011 Registration

Franklin County
Extension Office
101 Lakeview Court
Frankfort KY 40601-8749
(502) 695-9035

ADULT HEALTH BULLETIN

MARCH 2011

Visit our website!

The UK HEEL program website is packed with useful information, including previous health bulletins. Visit us at www.ca.uky.edu/HEEL



THIS MONTH'S TOPIC: MENOPAUSE

Most women experience natural menopause between the ages of 40 and 58. The average age is 51 years. During menopause a woman's hormone levels change. These hormones help with many processes within the body. A woman may experience menopausal changes up to 10 years. These can disrupt normal daily living during this time. It is important to know what changes may occur and to talk to your healthcare provider about them.

Stages of menopause

- **Pre-menopause** – The period of time before the last menstrual cycle.
- **Peri-menopause** – The time immediately prior to menopause and the first year after menopause. Many menopause symptoms are seen during this time.
- **Menopause** – The inability of the body to have a menstrual cycle. It can only be confirmed one year after last menstrual cycle.
- **Post menopause** – Time after the final menstrual cycle.

Continued on the back ➔

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Just 30 minutes of activity a day can help you feel better.

CONTINUED FROM PAGE 1

Symptoms

It is important to note that not all women experience the same changes when going through menopause. For some women it can be quite frustrating and others may experience only a few uncomfortable days.

Menopausal symptoms that may occur:

- Hot flashes
- Sleep disruption
- Weight gain
- Short term memory problems
- Lack of focus
- Increased anxiety
- Fatigue
- Mood swings
- Irregular periods
- Dry eyes
- Osteoporosis
- Heart disease
- Headaches

About 75 percent of women will experience some menopausal symptoms.

Exercise may reduce many menopause-related symptoms.

Exercise can help:

- lessen anxiety
- ease depression
- make you feel good about yourself
- decrease fatigue
- improve sleep

Just 30 minutes of activity a day can go a long way toward making you feel better. Any activity such as walking, cycling, water aerobics, or even gardening can improve how you feel. For women who experience hot flashes, take time to relax during the day. Classes like yoga and pilates can help reduce hot flashes.

It is important to talk to your healthcare provider about how and what you are feeling. Work with him or her to understand fully the



changes in your body. Menopause is part of life for all women. By talking to your healthcare provider and understanding the body changes, you will be able to handle this stage of life!

REFERENCES:

• ACSM Fit Page, Fall 2006. Menopause, American College of Sports Medicine

Download past health bulletins!
www.ca.uky.edu/HEEL/Bulletins



ADULT HEALTH BULLETIN
MARCH 2011

Written by: Nicole Penitro
Edited by: Cornee Wheeler
Designed by: Rusty Manseau
Stock images: 123RF.com

Kentucky Extension Homemakers Association News

KEHA Newsletter – The spring KEHA Newsletter was sent to the printer last week and should arrive in mailboxes soon. It will be posted to the KEHA website next week.

KEHA Contests & Other Deadlines - Several KEHA deadlines are coming up on March 1st. Please see the specifics below and share these reminders.

Items due to Joleen Ramey, 2nd Vice President / Member Resources, 6596 Carter Caves Road, Olive Hill, KY 41164-8749

- Appendix 18 – Membership & Recognition Report - Due 2/1
- Handbook 112-113 – Study or Research Mini-Grant – Due 3/1
- Handbook 114-115 – KEHA Development Grant Application – Due 3/1

Items due to Carolyn Poe, Cultural Arts Chairman, 3204 Georgetown Road, Paris, KY 40361; email carolynpoe crafts@yahoo.com.

- Handbook 44-45 – Creative Writing: Poetry, Memoirs, Short Story – Entries due 3/1

Items due to Sharma Klee, Leadership Development Chairman, 514 General John Payne, Georgetown, KY 40324

- Handbook 104-106 – Evans/Weldon/Hansen Scholarship Application – Due 3/1
- Handbook 108-109 – Homemaker Scholarship Application – Due 3/1
- Appendix 20 – Volunteer Service Unit Logs – (Log sheets to county chairman by November/December; County listing due to Area Chairman by 1/1; Area reports due to State Chairman by 3/1)
- Handbook 93 – Community Volunteerism Awards – Entries due 3/1
- Handbook 89 – Citizenship Contest – Entries due 3/1

Items due to Helen Eden, Environment, Housing & Energy Chairman, 126 Dave Eden Road, Berea, KY 40403

- Handbook 53 – Wise Energy Use in the Home Contest (Entries due 3/1)

Items due to Wanda Atha, Family & Individual Development Chairman, 475 Hwy 151, Frankfort, KY 40601-9631

- Handbook 63 – Supporting Military Families Contest (Entries due 3/1)

Items due to Donna Shoemaker, Food, Nutrition & Health Chairman, 5515 W Ky 10, Tollesboro, KY 41189-8859

- Handbook 66 – Ovarian Cancer Fundraising Contest – Entries due 3/1
- Handbook 67 – Promoting a Healthy Kentucky Contest – Entries due 3/1

Items due to Harlene Welch, 1730 Pedro Pike, Cynthia, KY 41031

- Handbook 74 – Sharing Our Love of Culinary Skills Contest Entries – Entries due 3/1

Items due to Linda Heflin, International Chairman, 320 Schmidt Road, Paducah, KY 42003

- Handbook 81 – International Project Award – Entries due 3/1

Items due to Elaine Chenoweth, Management & Safety Chairman, 434 Lick Branch Road, Glasgow, KY 42141-9409

- Handbook 101 – It Ought to be a Law Contest – Entries due 3/1

Franklin County Homemakers Scholarship Available



The Franklin County Homemakers Association is pleased to announce that their scholarship of \$1,000.00 will again be awarded this year. Your help is needed in getting the word out to graduating

seniors. The scholarship application must be received by the County Extension Office before May 2, 4:30 p.m..

The Application Form can be found on page 8 or online at <http://ces.ca.uky.edu/Franklin>.

REQUIREMENTS:

- Must be graduating from a high school in Franklin County.
- Must major in Family & Consumer Sciences, Agriculture, or related field.
- Decision of the judges is final.
- Applicant is not required to attend a Kentucky school.
- **Deadline for application is May 2nd to: FCS Scholarship, Franklin County Extension Office, 101 Lakeview Court, Frankfort, KY 40601-8749.**
- Recipient and one parent will be guests at the Franklin County Homemakers Annual Meeting in May, to accept the scholarship.
- A Franklin County Homemaker will be present at the high school Honors Day to announce the scholarship winner.
- The scholarship check will be written upon proof of college registration.
- Must be a resident of Franklin County.

RELATED FIELDS INCLUDE:

FAMILY & CONSUMER SCIENCES

- Individual and Family Development
- Child Care - Day Care
- Family Resource Management and Consumer Studies
- Interior Design
- Merchandising, Apparel and Textiles
- Dietetics
- Food Science - Human Nutrition
- Restaurant Management
- Family and Consumer Sciences Education (Teacher, Extension Agent)
- Business - Utility Home Economist/Family and Consumer Sciences
- Communications - Foods Writer, Media Specialist

AGRICULTURE

- Agricultural Biotechnology
- Agricultural Communications
- Agricultural Economics
- Agricultural Education (Teacher, Extension Agent)
- Agronomy
- Animal Sciences, Animal Production, Dairy Production, Equine Option
- Entomology
- Food Science
- Forestry
- Horticulture
- Landscape Architecture
- Pre-Veterinary Medicine
- Production Agriculture
- Agri-Business



Cooperative Extension Service
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 101 Lakeview Drive
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 www.ca.uky.edu/ces

FRANKLIN COUNTY HOMEMAKERS ASSOCIATION
Scholarship Application for Franklin County Student Majoring
in Family and Consumer Sciences, Agriculture or a
Related Field

Name: _____ Sex: Male Female

Mailing Address: _____

Telephone: (HOME) _____ (CELL) _____

Date of Birth: ___/___/_____ Marital Status: Single Married

From what high school will you graduate in 2011? _____

Name of the University where you plan to earn a degree. _____

List your Family and Consumer Sciences/Agriculture major and/or related field:

List notable school or community activities: _____

Name of Father or Guardian: _____

Mailing Address: _____

Occupation: _____ Living Deceased

Name of Mother: _____

Mailing Address: _____

Occupation: _____ Living Deceased

List any pertinent information concerning financial assets, obligation, etc., that would be helpful in considering this application:

List name and address of your high school guidance counselor and principal or teacher. _____

Attach a paragraph (handwritten or typed) on a separate sheet, stating why you want to go to college, and why you need this scholarship.

Include a high school transcript and current photograph* with your application.

Return by May 2, 2011, 4:30 p.m. to:

Franklin County Cooperative Extension Service
 Franklin County Homemaker Scholarship
 101 Lakeview Court
 Frankfort KY 40601-8749

*By submitting this application, you hereby grant permission to the University of Kentucky and its affiliates and subsidiaries, including but not limited to the College of Agriculture Cooperative Extension and Agricultural Alumni Association, to interview, photograph and/or videotape me, or my minor child, and/or to supervise any others who may do the interview, photography, and/or videotaping and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities for the following without compensation: University Educational Publications/Videos/University Electronics Publishing (e.g. World Wide Web) /University Promotion/Advertising /Local/regional/national news media (w/permission of the University of Kentucky).



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.



Salato \$10,000 BACKYARD MAKEOVER



Cindi Sullivan

Let Salato Wildlife Education Center get your lawn into shape! Be the lucky winner in our Backyard Makeover raffle and your yard will receive a professional facelift from garden expert Cindi Sullivan of WHAS and native plant aficionado Mary Carol Cooper of Salato! They'll add whatever you need... a grill, water elements, a deck, lawn furniture, native plants, birdhouses... whatever \$10,000 will get you!

Drawing to be held on



EARTH DAY
April 22, 2011 at 11:00AM
at Salato Wildlife Education Center

To watch last year's backyard transformation or to purchase more tickets, please visit www.kentuckywildlife.com

All donations will be tax deductible. All proceeds will benefit the Salato Wildlife Education Center.

Kentucky Fish & Wildlife Education Foundation is a 501(c)3 Tax Exempt Foundation

Ken Whitzler Illustration

Spring forward...



Remember-

3/13/11

SET YOUR
CLOCK
AHEAD ONE
HOUR

For additional information on this event, go to

<http://fw.ky.gov/navigation.aspx?cid=849&navpath=C130>

Quilter's Day Out—Saturday, March 19, 2011

The Quilters' Guild of the Bluegrass will be hosting Quilter's Day Out on March 19, 2011 at the Fayette County Extension Office, 1140 Red Mile Place. The free program celebrates National Quilting Day and runs from 10:00 a.m.—3:00 p.m. Doors open for registration and shopping at 9:00 a.m.

The morning program features Karen Witt and her daughter Erin. They will talk about their new book *Like Mother/Like Daughter—Two Generations of Quilts* and present a trunk show of their work. The afternoon program will be the Square Technique and quilts presented by Rita Hardman.



The Kentucky Heritage Quilt Society challenge quilts will be on display. There will be refreshments, vendors, door prizes, quilt raffle, and lots of show and tell.

There will be a collection of non-perishable items for God's Pantry. Anyone who brings in three or more non-perishable donations for God's Pantry will receive an extra door prize ticket.

Everyone is invited to bring up to three quilts to show and share. Lunch is bring-your-own-brown-bag, or choose one of the many restaurant options nearby. Car pooling is encouraged.

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RETURN SERVICE REQUESTED

Ft Harrod Area Cultural Arts Winners

Name	Category	Club	Ribbon Award
Jackie Phillips	Art – Natural	Swallowfield	White
Isabelle Thompson	Crochet-Yarn	Swallowfield	White
Rita Belen	Quilts – Baby or Lap	Ridgeview	White
Rita Belen	Scrapbooking	Ridgeview	Blue
Rita Belen	Miscellaneous	Ridgeview	Blue



Tamera A. Thomas, M.S.
County Extension Agent for Family and Consumer Sciences

Contact the Franklin County Extension Office at (502) 695-9035 if you would like to receive our newsletter via email or email your request to gil.thurman@uky.edu.
If you **DO NOT** want to receive this newsletter or your address is incorrect, please notify us immediately.