

Franklin County  
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[www.ca.uky.edu/ces](http://www.ca.uky.edu/ces)

# January 2010



## FAMILY AND CONSUMER SCIENCE



### Calendar of Events



#### February Leadership Training

##### “A SURVIVOR’S GUIDE”

Join Sara Talbott, as she teaches **A Survivor’s Guide**. The lesson will

focus on coping with the loss of a family member and the gift of preparation...getting your papers in order, which allows loved ones to know what you want. January 11, 2010, @ 10:00 A.M., Room A/B Extension Office.

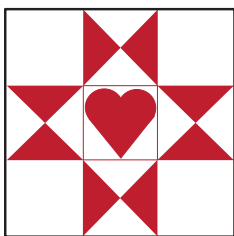


#### Don’t Forget



Homemakers Lesson Training Schools are rescheduled if the Franklin County Schools are closed due to the weather. Listen to local radio or Lexington TV for school closings. This does not apply to special interest classes or meetings conducted by other organizations.

The Extension Office will be closed December 24-January 4, for the Holidays and January 18 in observance of Martin Luther King Jr Day.



#### Central Kentucky Homemakers Quilt Guild

January 26, 2010  
7:00 p.m.  
Extension Office  
101 Lakeview Court  
Room E/F

Visitors Welcome

The January program will be on Binding. Plan to attend to learn the perfect binding method to help you in your quilting.



#### SENIOR OPTIONS-An education program for seniors, caregivers and their loved ones.

February 23, 2010

Extension Office—Room E/F

9:00 a.m.—2:00 p.m.

\$10.00 (fee includes a healthy lunch)



#### Women’s Health: Getting to the Heart of the Matter

The Franklin County Extension and Franklin County Public Health Department will celebrate American Heart Month. The goal is to empower women with the knowledge and tools they need to make positive lifestyle changes that will help reduce the risk of heart disease. Our guest Kathleen Dively, MSN, ARNP-BC, ACNP-BC, CLS, CES of the Associates of Cardiology.

February 18, 2010

Extension Office—Room E/F

6:00 p.m.—8:00 p.m.



#### A MATTER OF BALANCE

An eight-week fall prevention program teaching individuals through low-impact movement and best ways to prevent falls and promote flexibility.

Every Tuesday from 3:00—5:00

March 2—April 20, 2010



# January 2010 Club Calendar

January Lesson: **HEALTHY MIND, HEALTHY BODY**

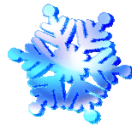


**Roll Call:** *What is the coldest day you remember?*

**Thought for the Month:** *"It's not the wound that shapes our lives. It is the choice we make as adults between embracing our wounds or waging against them."*

*-Unknown*

**PLEASE** contact your club president to make sure your club is meeting this month and the location. The chart below is based on submitted information from each club which is subject to change. Be sure and send in your information each month to keep us up-to-date.



CLUB	DATE	HOSTESS	PLACE
Cloverdale	Jan. 12 @ 7:00 pm	Arlene Fluegge	Arlene Fluegge
College Park	Jan. 19 @ 1:00 pm	Penny McClain	Penny McClain
Country Lane	Jan. 13 @ 9:30 am	Irene Harper	Irene Harper
Indian Hills	Jan. 20 @ 10:00 a.m.	Estelle Drake & Jayne Arnold	Estelle Drake
Louisville Rd	Jan. 6 @ 10:00 a.m.	Jo Dee Layman	Jo Dee Layman
Meadows	Jan. 5 @ 6:30 p.m.	Suzanne Renaud	Suzanne Renaud
Random	Jan. 18 @ noon	Pat Adkins	Extension Office
Ridgeview	Jan. 14 @ 11:00 a.m.	Becky Van Leuvan Barbara Sonnen	Barbara Sonnen
S & S	Jan. 19 @ 6:00 p.m.	Lucy Wilson	Extension Office
Springhill	Jan. 7 @ 11:30 a.m.	Shirley Black	Extension Office
Sunny Morning	Jan. 5 @ 10:00 a.m.	Donna Marston	Extension Office
Swallowfield	Jan. 4 @ 7:00 p.m.	Nancy Rice	Nancy Rice Swallowfield
Switzer	Jan. 7 @ 2:00 p.m.	Nellie Cardwell	Nellie Cardwell
West End	Jan. 4 @ 6:30 p.m.	Charlotte Ivers and Judy Jamison	Judy Jamison



# HOLIDAY STORE A *HUGE* SUCCESS

The Holiday store was well attended. The count was 139 children and 107 adults. I would like to thank those homemaker clubs that supported the Children's Holiday Store ensuring it to be a success! We had approximately 139 kids and 107 adults to pass through our doors. That is a big increase from last year. Switzer, West End, Sunny Morning and Ridgeview worked throughout the year preparing items to sell, and they did not have very much left at closing time. Without you, it would not have been possible. The fruit and raisins donated by the homemaker clubs were very much appreciated and enjoyed by those receiving the goody bags.



*Arlene Fluegge gives her Christmas list to Santa and Mrs. Claus during the holiday store.*

Thanks to Tamera for all her work and to the rest of the extension office staff. We are grateful for the young volunteers from Franklin County High School and Kentucky State University. A special thanks to Gil Thurman (Random Homemakers) and Rhenda Mills (Ridgeview Homemakers) (a.k.a. Santa and Mrs. Claus). I hope you enjoyed participating as much as the children enjoyed visiting with you. Your presence added a special touch.

Again, thanks for reaching out to the community through this event. I encourage your club to start planning for next year. Merry Christmas to you and your family. May God bless you in the coming year.

Rita Belen

# Cloverdale Homemakers to Honor Rene Siria

February 8, 2010, the Cloverdale Homemakers Club would like for all homemakers to help our club to honor René Siria for her membership and leadership in the Cloverdale club, Franklin Co, Kentucky and International Homemakers. February was René's month to host and present the lesson for our club. Therefore, we would like for you to attend a reception at the Franklin County Extension Office from 5 to 7 pm on Tuesday February 8<sup>th</sup> in remembrance of René Siria and honor her family. Donations for the Ovarian Cancer will be accepted in Rene's honor as this was one of René's goals for Franklin County to Achieve.

**Club Presidents** please get an estimated number of members from your club this month as to who plans to attend and contact Arlene Fluegge, County President at 502-227-4251 or email Reeca Carver, Cloverdale President at [reeca.carver@education.ky.gov](mailto:reeca.carver@education.ky.gov) Thank you and please mark your calendars to attend on February 8, 2010 from 5-7PM



*René accepts an award from Peggy Powell, Montgomery County FCS Agent and Tamera Thomas, Franklin County FCS Agent.*

## Family Cooking in an Emergency: Use Energy-Efficient Foods

Source: Sandra Bastin

As many Kentuckians have experienced in recent days, winter power failures can disrupt your family mealtimes. You can reduce this upheaval by stocking foods that you can store and prepare with minimum energy use. It's a good idea to stock a variety of foods that supply only one meal.

Use perishable foods first anytime there is a power outage.

Then tap canned, bottled, dried and freeze-dried foods because these require little energy to store or prepare. Handy canned and bottled foods include peanut butter, beans, fruits, bread and juices. Convenient dried foods are ready-to-eat cereals, potatoes, soups, complete one-dish meals and pastas.

Some freeze-dried foods packed in foil envelopes keep fresh indefinitely. You usually can find freeze-dried eggs, French toast, tuna salad, franks and beans, beef stroganoff, rice and chicken, and stews at grocery or sporting goods stores.

Be sure you have extra liquid formula on hand for infants or small children.

Stock up on bottled water in case a safe water supply is not available.

Also keep quick-energy food sources such as candy, syrups and sugars available. Use vitamin and mineral supplements when the variety of foods your family usually eats isn't available.

Rotate emergency food supplies every one to two years. The amount and types of foods you'll need will depend on the number of people in your family and their ages, appetites, preferences and health.

If you have an alternate cooking source, keep its energy use to a minimum. Cut food, especially meats and vegetables, into small pieces to reduce cooking time. Use canned or dried meats that can be heated quickly.

A power outage also can disrupt the electricity you need to pump water. However, a short supply to drink or prepare food will remain within pipes in your home. Draw water from the lowest faucet in the house (usually a water heater or tank) by opening the highest faucet to let a little air into the pipes.

## Recipe of the Month

### ***PUMPKIN DELIGHT***

2 cup pumpkin  
¾ cup sugar  
3 eggs  
8 ounces evaporated milk  
1 (2-layer) package spice cake mix  
1 cup (2 sticks) margarine, melted  
1 cup pecans, chopped  
8 ounces whipped topping

Preheat the oven to 350 degrees. Beat the pumpkin, sugar, eggs, and evaporated milk in a mixing bowl. Pour into a greased 9 x 13-inch baking pan. Sprinkle with the cake mix. Drizzle the margarine over the cake mix. Top with pecans. Bake for 1 hour. Cut into squares and top with the whipped topping. Serve cool or warm.

**For more great recipes like this one purchase the LIVING WELL More Than a Cookbook in the office \$25.00 each. Supply Limited.**

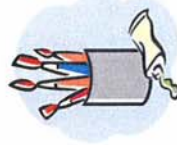
**Craft Camp lets you...**

- Learn new skills
  - Improve your skills
  - Meet new people
  - Make new friends
  - Enjoy a relaxing retreat
  - Win door prizes
  - Complete quick and easy projects
- Make & Take projects



**Classes change every year and can include:**

- Basket Weaving
  - Wood Working
  - Quilting
  - Painting
  - Pen and Ink Drawing
  - Sewing
  - Needlepoint
  - Cross Stitch
- and much, much more...



The Fort Harrod Area Craft Camp is planned annually by a committee of representatives working with the Kentucky Cooperative Extension Service from Kentucky counties in the Fort Harrod Area, which includes: Anderson, Boyle, Franklin, Garrard, Jessamine, Lincoln, Mercer and Woodford Counties.

2010 Fort Harrod Area Craft Camp  
Mercer County Cooperative Extension  
1007 Lexington Road  
Harrodsburg, KY 40330

# 2010 Fort Harrod Area Craft Camp

**JUNE 4-6**



**Lake Cumberland Education Center  
Jabez, KY**

# 2010 Fort Harrod Area Craft Camp

## What is Craft Camp?

In it's 22nd year at Jabez, it's a 3-day retreat in scenic South Central Kentucky. Designed to give you an affordable opportunity in a relaxing atmosphere, you can wear casual attire while creating quality crafts with talented and experienced instructors at a variety of levels (beginner, intermediate, and advanced).

## Where do I stay?

The Lake Cumberland Education Center has accommodations for up to four people per room and with private baths.

## Who can attend Craft Camp?

Anyone can attend, but classes are most suitable for older youth and adults. No child care is provided.

## How much does it cost?

Registration for Craft camp is only \$15.00. Each class has a small fee and you can sign up for as many or as few classes as you desire. Lodging and meals are separate. Current rates will be printed in the catalog available in Spring 2010.

## Do I have to stay all three days?

No. You can choose to stay 1 night or 2...or make it a day trip with no overnight stay.

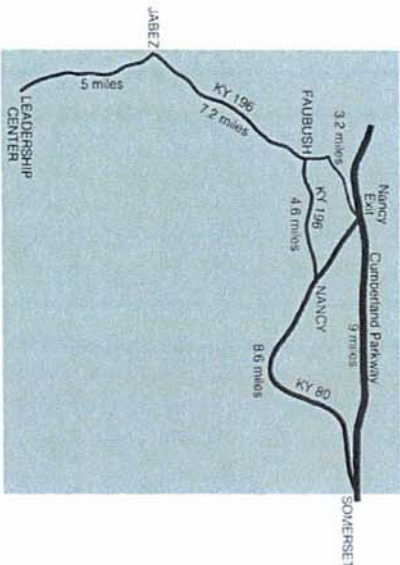


## Traveling Cumberland Parkway

Take the Nancy Exit. Traveling east, turn right (or west, turn left) onto KY 80. Go past the church and one house; then turn right at the Lake Cumberland 4-H Educational Center (formerly Kentucky Leadership Center) sign. This road dead ends into KY 196 at Faubush (3 miles). Turn right onto KY 196 following it 12 miles to the Center road makes a sharp left turn at Jabez).

## Traveling Kentucky 80

Take KY 80 west from Somerset. Get on KY 196 at Nancy and stay on it until the road ends—about 17 miles from Nancy (road makes a sharp left turn at Jabez).



Detach and return to: Mercer County Extension Service, 1007 Lexington Road, Harrodsburg, KY 40330-9203

- I would like to request a catalog for Craft Camp
- I would like to receive e-mail reminders about Craft Camp
- I would like someone to call me about Craft Camp

For current registration information contact:

Mercer County Extension  
1007 Lexington RD  
Harrodsburg, KY 40330-9203  
859.734.4378  
luci.hockersmith@uky.edu

OR visit the website :

<http://www.ca.uky.edu/agcollege/4H/klc/index.htm>

Name:
Complete Address:
E-mail address: (optional)
Did someone invite you to Craft Camp? Who?

Phone:
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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.

Attached is the 2010-2011 Homemaker Ballot. Please vote for 8 lessons and take your ballot to your next club meeting. Club presidents are to tabulate member's votes and turn in one sheet per club to the **Extension Office** by February 20th. Mailbox members may mail their ballot to the office. The Ballot can be found on the extension webpage at:

**UK** **COOPERATIVE EXTENSION SERVICE**  
University of Kentucky – College of Agriculture



**Fort Harrod Area Extension Homemakers Association Ballot**  
**2010-2011 Program Year**



**Directions:** Please vote for eight (8) lessons from the following ballot. Your votes determine which lessons are offered in the 2010-2011 program year. Return completed ballots\* to your County Extension Office **no later than February 20, 2010.**

**\*Note to Club Presidents:** Please tally your members' votes and record total votes for each lesson on 1 ballot. **Return only the 1 ballot per club.**

**CLUB NAME:** \_\_\_\_\_

- \_\_\_\_\_ **1. Go Green in Your Closet** - Reduce, reuse or donate to help you shop from your re-organized clothes closet including tips on organizing your clothes by season.
- \_\_\_\_\_ **2. Fix in a Flash** - The latest tools and simple techniques for mending and repairing. Small repairs mean dollars saved in your clothing wardrobe.
- \_\_\_\_\_ **3. Fashion Divas** - Rethink those bargains or impulse purchases in the back of your closet: makeover your fashion faux-pas.
- \_\_\_\_\_ **4. Accessory Attitude** - Coordinating belts, hats, scarves, jewelry to spice up your wardrobe.
- \_\_\_\_\_ **5. Don't Let Falls Get You Down** - Learn creative ways to prevent falls and to remain independent longer.
- \_\_\_\_\_ **6. Enriching life as we age** – Many things get better as they age and so do we! This lesson will focus on making the most of our days and embracing the present moment!
- \_\_\_\_\_ **7. Family Vitality ...Time Together** – Make every minute count in a fast – paced society and find ways to make meaningful opportunities with every day activities.
- \_\_\_\_\_ **8. Cooking for 1 or 2-** Experiment with new recipes and techniques without the large quantity of leftovers
- \_\_\_\_\_ **9. Family Fun Mealtime** - This program will help families find ways to make family mealtime possible by showing families how they could cook once and eat twice, cook meals with 5 or less ingredients, use make ahead meals, and plan meals in advance

\_\_\_\_\_ **10. Home Wise is Energy-Wise** - What simple steps can you take to reduce energy use in the home? Learn the methods and changes most likely to have the best payback on energy bills.

\_\_\_\_\_ **11. Consumer Beware in Tough Economic Times** – Consumer Fraud is a continuing threat. This lesson covers identity theft, email scams, home repair scams and credit card fraud.

\_\_\_\_\_ **12. Couponing 101** – Learn to use meal planning, sales, and coupons to save food dollars.

\_\_\_\_\_ **13. Slow Cookers** – slow cook it for a fast meal! Discover new and old recipes, slow cooker safety, and how to cook it slow to save money.

\_\_\_\_\_ **14. Art is all around you** – What is important in art? How do you look at art? Explore ways to increase our ability to see, value, and appreciate what is around us.

\_\_\_\_\_ **15. Poverty and Hunger** – It's time to think and act locally and globally. Members will learn more about poverty and hunger and ways to become involved in addressing these issues.

\_\_\_\_\_ **16. Clean It Quick, Get It Done**—Tips and shortcuts for keeping your home neat, clean, and healthy and learn about new products and tools.

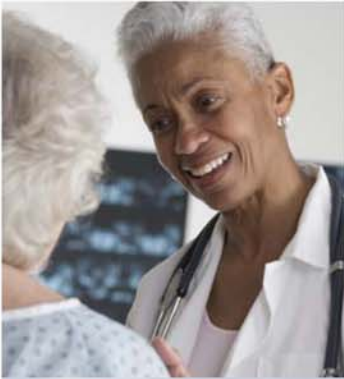
\_\_\_\_\_ **17. What's in Your Toolbox?**—Small home repairs you can do yourself...or know when to hire someone else.

**Ideas for Special Interest Programs:**

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

# Senior Options



An education program for seniors, caregivers and their loved ones.

**February 23, 2010 (Snow date February 25)**  
**9:00 a.m.—2:00 p.m.**  
**\$10.00 (Fee includes a healthy lunch)**  
**Franklin County Cooperative Extension Service**  
**101 Lakeview Court**  
**Room E/F**

**TOPICS:**

- Long-term Health Insurance
- Reverse Mortgages
- Estate Planning Basics
- ...and Much More!

To attend you **must** pre-register by February 15, 2010.

Mail your registration form, or bring it by the office, along with your payment (checks payable to FCES) to the Extension Office. Please do not send cash. Each registration should have a separate form. Registration will NOT be accepted without payment.



NAME \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

Payment: \_\_\_\_\_ Money Order \_\_\_\_\_ Check



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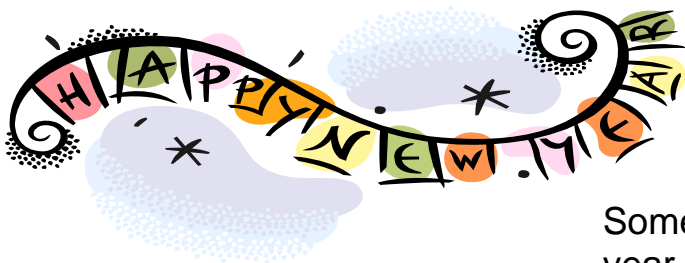


**Cooperative Extension Service**

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Franklin County  
101 Lakeview Court  
Frankfort KY 40601*

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RETURN SERVICE REQUESTED



Sometimes it's a good to reflect over the past year by asking ourselves questions e.g. How can I be better than last year, what can I do to bring cheer to someone else? or what changes do I want to make in my life? Whatever you do please know that I hope that this year bring you more joy than last.

Happy New Year!

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

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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](mailto:gil.thurman@uky.edu).  
If you **DO NOT** want to receive this newsletter or your address is incorrect, please notify us immediately.