

FCS Newsletter

April 2008

Cooperative Extension Service
Franklin County
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www.ca.uky.edu/ces

April 1

Meadows, 6:30 p.m., Kim Hicks

April 2

Louisville Road, 10 a.m., Jeni Bryson

April 3

Meadows, 10:30 a.m., Mary Luttrell,
Extension Office
Springhill, 11:30 a.m., Sandra Allison
Switzer, 2 p.m., Patti Pruitt

April 7

Sunny Morning, 10 a.m., Dorothy Wylie,
Extension Office
Swallowfield, 7 p.m., Jackie Phillips
West End, 6:30 p.m., Betsy Kennedy

April 8

Cloverdale, 7 p.m., Sue Sims

April 9

Country Lane Morning, 9:30 a.m., Viola
Allison

April 10

Ridgeview, 11 a.m., Becky VanLeuven,
Rhenda Mills, Carol Forbes

April 15

College Park, 1 p.m., Mageline Watkins

April 16

Indian Hills, 10 a.m., Jayne Arnold, Polly Jo
Green, Extension Office

April 17

S&S, 6 p.m., Georgia Dunigan

April 21

Random, Noon, Brown Bag Lunch,
Extension Office

Roll Call: Name one spring fashion that you
may have made or purchased.

Mini-Lesson: Forecasting the Clothing
Trends for 2008! - Family & Individual
Development

April Homemaker Lesson

“Big Gardens, Small Spaces”

Learn how to create beautiful gardens in a
small space, including containers that cost
less than you think.

Homemaker Training School for May Lesson

Date: April 21st 10:00 a.m.

Lesson Topic: One Good Deed Deserves
Another.

Instructor: Marisa Aull, Jessamine Co. FCS
Agent

April Council Meeting

The Homemakers Council meeting will be on
April 24, 2008 at 11:30 a.m. here at the
Extension Office. The meeting will begin with a
\$3.50 lunch. Presidents need to bring in the
completed names for perfect attendance and
reading awards. Also Homemakers Scholarship
applications are due May 1st.

County Homemakers Annual Meeting

**May 12 – 5:30 p.m.
County Extension Office**

Join in the celebration of Franklin County's 75rd Annual Homemakers Meeting. The meeting will be at the Extension Office and catered by All The Way Shoppe.

The program for the evening is:

5:30 p.m. Registration

6:00 p.m. Dinner

6:30 - 7:30 p.m. Business Meeting

7:30 - 8:30 p.m. "Celebrating 75 Years!"

Commemorating our 75th Anniversary our guest speaker will be Dr. Ed. Plavik, Director UK Ovarian Cancer Screening Research Program. Registration is \$15.00 and due by May 7th. Make checks to Franklin County Homemakers. Club presidents are encouraged to collect the names and money in their club and purchase the tickets at the office.

Don't Forget!

Each club is asked to bring a themed gift basket to the Annual Meeting valued at \$20.00 or more. Contact Arlene Fluegee at 227-4251 for more information.

Central KY Homemakers Quilt Guild

Monthly meetings are held on the 4th Tuesday of the month. Next meeting is April 22nd, 7:00 p.m. at the Extension Office. Visitors are welcome.

Special thanks to Bonnie Williams for volunteering to work on the Franklin Co. Quilt Block for the Kentucky Leadership Center project.

April Special Interest Classes

Instructor: Judith Ricks
9:30a.m. – 3:00p.m.

April 5, 2008 – T-shirt memory quilt. Make a memory quilt from your collection of t-shirts. This will be a great keepsake gift for a special person. You will learn a new technique for making this quilt. Bring your sewing machine and regular sewing kit items. Don't forget your rotary cutter and mat. Cost: \$15.00

April 21, 2008 – Tulip Trellis Wall Hanging. This is a great block to learn to paper-piece and experiment with color. It can be used for a table runner or wall hanging. Cost: \$10.00

KEHA State Meeting

**May 12-15, 2008
Galt House
Louisville, KY**

You should have received registration information in your state newsletter so everyone can register individually. We have registration information at the Extension Office if you are interested in attending. Information is also available at www.keha.org.



Several Franklin County Homemakers will enter cultural arts items at the State Cultural Arts Event.

Jabez Craft Camp June 6-8

*Just a reminder that Craft Camp registrations should be sent to the county office level first. Franklin County registration is due **April 20th**. Includes individual registration form and the class sign up form. Clubs should have received a copy given during the homemaker leader training held on March 25th. Mailbox members may request a copy from the office. The camp is open to the public.

Note catalog: **The “Flower Basket” placemat class description is correct but the photo is of the “Butterfly” placemats.**

Did You Know?

* Farm City Banquet tickets are \$7.00 each at the Farm Bureau office on Wilkinson Blvd or The Chamber. The dinner is at the Capital Plaza Hotel at 6:30 p.m., on April 24.

* A \$1,000 Homemakers Scholarship will be presented to a graduating High School Senior graduating from one of the 3 high schools in Franklin County. The applicant must major in Agriculture, Family & Consumer Sciences or related field. The deadline is May 1st to the Extension Office.

Models Needed

Considering the modeling talent I've seen during the Holiday Day store in Fayette Co. I need two ladies to model clothes during our upcoming “Derby: Start to Finish” program scheduled for April 25th in Boyle Co. If you are interested please contact me as soon as possible - Tamera. Clothes are provided by the Derby Shop Boutique.

SAVE TIME WITH SOCIAL SECURITY BUSINESS — ONLINE

Many people have found a new way to deal with the many chores of their busy lives — by going online. Some shoppers have eliminated the need to go to crowded shopping malls by taking care of it all online. Other people pay their bills right over the Internet to save the time of writing checks or withdrawing cash for their purchases.

You'll find convenient, secure transactions can also be found in places you may not ordinarily think to look — for example, at Social Security!

You can apply for benefits, obtain information, plan for retirement, and request a replacement Medicare card, even apply for extra help with your prescription drug costs all at www.socialsecurity.gov.

According to a recent survey, Social Security's online retirement benefit application once again ranked at the top of all Federal government websites in customer satisfaction. Our “Application for Help with Medicare Prescription Drug Costs” finished second, with several other Social Security website services making the top 10 of the survey.

Much of your Social Security business can be handled quickly and securely from your own home or office computer. If you just visit our website at www.socialsecurity.gov you will find that you can —

- file for retirement, disability and spouse's benefits;
- check the status of your benefit application;
- change your address and/or phone number, if you receive monthly benefits;

- sign-up for direct deposit of Social Security benefits;
- use agency benefit planners to help you better understand your Social Security protection as you plan for your financial future...and then use convenient benefit calculators to figure your monthly benefit amounts;
- find the Social Security office closest to your home; and
- request a replacement Medicare card.

Looking for more Social Security information? You can go online to find out almost anything you need to know about the Social Security program. Information is available on subjects ranging from how to get a Social Security number for a newborn to how to go back to work while receiving disability benefits. Check us out at www.socialsecurity.gov.

Recipe of the Month

Five Fruit Salad

Honey-Lime Dressing:

- 2 tablespoon vegetable oil
- ¼ teaspoon grated lime peel
- ¼ teaspoon seasoned salt
- ¼ teaspoon paprika
- 3 tablespoons lime juice
- 3 tablespoons honey
- ½ teaspoon prepared mustard

Salad:

- 1 can sliced pineapple, packed in own juice, drained (8½ ounces)
- 8 lettuce leaves

- 1 banana
- Lemon juice (just enough to coat the bananas)
- 1 orange peeled and sectioned
- 1 cup seedless green grapes
- 1 cup melon, pieces

Prepare honey-lime dressing. Shake all ingredients in tightly covered jar. Refrigerate. Bring dressing to room temperature before serving. Shake.

Prepare salad. Place pineapple in lettuce cups, slice banana. Dip slices into lemon juice to prevent darkening. Mix banana, orange, and grapes. Arrange on pineapple. Drizzle dressing over salad. Yields 8 helpings (1 cup each).

Calories 117, Fat 4 g, % Calories from Fat 29, % Calories from Saturated Fat 4, Sodium 9 mg

Sincerely,



Tamera Thomas, County Extension Agent
for Family and Consumer Sciences





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**FRANKLIN EXTENSION HOMEMAKERS LEADER TRAININGS
2008-2009**

Lesson Topic	Training	Time	Agent Instructor
Embracing This Present Moment	August 26, 2008	6:30 p.m.	Boyle Agent or Mail Out
24 Hours in a Day	September 25 th	10:00 a.m.	T. Thomas
Appetizers 1,2,3	October 28 th	6:30 p.m.	D. Parrish
Body Illusions	November 18 th	1:30 p.m.	J. Klee
Get It Together	January 27 th	1:30p.m.	M. Hixson
Nutty Knowledge	February 19 th	10:00 a.m.	R. Stewart
It's Easy to Be Green/Clean	March 23 rd	10:00 a.m.	L. Hockersmith
Ageless Exercise	April 29 th	1:30 p.m.	M. Aull