



# Newsletter

**FAMILY & CONSUMER SCIENCES**

Summer 2010

Cooperative  
Extension Service  
Jackson County  
PO Box 188  
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[www.ca.uky.edu/ces](http://www.ca.uky.edu/ces)

## Dates to Remember

### June Dates

- 8<sup>th</sup> – Pillow Case Sewing Workshop, 10 am – 12 pm
- 12<sup>th</sup> – Festival of Hope
- 14<sup>th</sup> – Water Aerobics begin at Annville Pool
- 22<sup>nd</sup> – Canning Bootcamp
- 25<sup>th</sup> – Homemaker Picnic, Sand Gap Park
- 28<sup>th</sup> – Iron Chef Cook-off, New Annville Farmer's Market on Welchburg Rd



### July Dates

- 15<sup>th</sup> – Senior Citizen Driving Course, 9:30 – 1:30  
AARP Members - \$12  
Non-AARP Members - \$14
- 22<sup>nd</sup> – Footstool Caning Workshop, Carolina Closeweave pattern, \$20



### August Dates

- 5<sup>th</sup> – International Dinner, Senegal, 6 pm
- 10<sup>th</sup> – Couponing 101, 10 am
- 30<sup>th</sup> – Jackson County Fair Entries taken, 1 – 6 pm, Area Technology Center



Disabilities accommodated with prior notification.

## A Note from Michelle

Summer is here in a big way! I hope everyone has a relaxing and enjoyable summer. I will be out of the office during most of June and July, but programming will continue as always. Please find enclosed a copy of this year's Fair categories. You will have all summer to work on those! If you have any problems or concerns, feel free to call the office at 287-7693 or email me at [mwsmith@uky.edu](mailto:mwsmith@uky.edu). Have a great Summer!!



## Natural Bridge Trip

We had a wonderful trip to the Natural Bridge State Park on Thursday, May 28<sup>th</sup>. There were 10 people who went and a great time was had by all. I had never seen the Natural Bridge so that was definitely a treat. We also travelled to Clay City and had lunch at Cathy's Country Kitchen, which was delicious! We hope to plan another trip for the fall, so if you have any suggestions, feel free to let me know.



## Pillow Case Workshop

Devonna Hisel and Margaret Hunter will be teaching a class on sewing your own pillowcases. You will have time to complete 1 pillowcase during the class, but you will have enough supplies to complete two. There is no cost for this class, but please call for the supply list and to pre-register.

## Homemaker Picnic

The Jackson County Homemaker picnic will be held on June 25<sup>th</sup> at 6 pm at the Sand Gap Park on S-Tree Lane. Each homemaker is asked to bring a covered dish. The Extension Office will provide the meat, bread, drinks, and paper products. We will also have your funny money that evening for our annual auction. Remember, the more events you have attended, the more money you will receive. Feel free to bring a friend!



## Senior Citizen's Driver Ed

Kenneth Farley, AARP Driving Instructor, will be teaching a Driver's Education Course for Senior Citizen's at the Jackson County Extension Office on Thursday, July 15<sup>th</sup> from 9:30 am – 1:30 pm. Anyone who is 50 years or older can attend this informative class. Not only will you receive helpful information that will help you be a better driver, but dependent upon who you have your car insurance with, you will receive a **3—10% discount** and will last from 3-5 years. At that time, you may take the class again. The cost for taking this course is \$12 for AARP members and \$14 for non-AARP members. Pre-registration is **required** so please call 287-7693 by July 9<sup>th</sup> to reserve your seat.

## Footstool Caning Workshop

Peggy Helton, Whitley Co. FCS Agent, will be here on Thursday, July 22<sup>nd</sup> at 10 am to teach the Carolina Close Weave pattern using cane. You will weave on a footstool, which will be yours to take home. The cost will be \$20 per person and includes all the materials that you need to finish your footstool. Please call by July 16<sup>th</sup> to pre-register!



## International Dinner

This year, our International Dinner will focus on Senegal, a country located in Africa. Eula Jackson's nephew will be our speaker, as he has lived in Senegal for 25 years. Near the end of July, each homemaker will receive a recipe of a food from Senegal to bring on August 5<sup>th</sup> at 6 pm at the Extension Office. If you cannot bring your food, please call 287-7693 and let us know. I know this year will be our best International Dinner yet with your help!

## Recipe Corner

At the Northern Jackson County Homemakers' Club Meeting last month, Sharon Witt demonstrated how to make your own laundry detergent and shared her recipe with us. I used some recently and it worked wonderfully. Here is a copy of the recipe for your enjoyment and use:

### Homemade Laundry Detergent

- 2 cups shredded soap (Ivory preferred)
- 2 cups borax
- 2 cups washing soda
- 1 quart water
- 2 gallons warm water



Mix 1 quart of water in pan, bringing to a boil. Turn off the burner. Add 2 cups of soap, stirring until dissolved. Add 2 cups borax and 2 cups washing soda, stir until dissolved. Add 2 gallons warm water and stir until thick. Pour into recycled laundry detergent bottle for storage. Use ½ cup for a regular load of laundry. This detergent doesn't make suds, so you may add regular laundry detergent to wash as well.

Sincerely,

Michelle W. Smith,  
Family & Consumer Science Agent