

FAMILY & CONSUMER SCIENCES

Newsletter

September 2009

**Cooperative
Extension Service**
Spencer County
66 Spears Drive
PO Box 368
Taylorsville, KY 40071-0368
(502)477-2217
Fax: (502) 477-1343
www.ca.uky.edu/ces

CLUB	DATE, TIME & LOCATION	CONTACT
Bluegrass Basket Guild	Sept 3, Nov 5 – 4 pm Extension Office	Nicole Hahn 477-2217
Machine Embroidery Club	Sept Cancelled , Oct 5, Nov 2, Dec 7 – 10 am Extension Office	Pat Douglas 477-5092
Patch workers Quilt Guild	Sept 1, Oct 6, Nov 3, Dec 1 – 9:30 am Extension Office	Jean Johnson 477-2735
Gardening Association	Sept 1, Oct 6, Nov 3, Dec 1– 7 pm Members Home	Pat Moreman 477-5910
Aprons and Ideas	Contact office for next date	Mary Trice 477-9744
Loyal Homemakers	Sept 10, Oct 8, Nov 12, Dec 10 – 10:30 am Extension Office	Diane Fischer 477-9405
Needlework Club	Sept 21, Oct 19, Nov 16, Dec 21 – 10 am Extension Office	Laurita Aubrey 477-5552
Waterford Homemakers	Sept 16, Oct 21, Nov 18, Dec 16 – 10 am Extension Office	Judy Broyles 477-8890
Thread & Thimble	Sept 28, Oct 26, Nov 23, Dec 21 – 10 am Extension Office	Pat Douglas 477-5092

*Living Well: Eating Right, Spending Smart,
Enjoying Home and Sharing Time. Extension
makes a difference in the lives of people,
families, and communities.*



*****Homemaker dues have
increased to \$8.00*****

2009-10 HOMEMAKER LESSONS

September 23 – 1:30 pm

Hazardous Chemicals
Maryellen Garrison, Henry County FCS
Agent

October 28 – 1:30 pm

Gifts of Gratitude Lesson
Nelda Moore, Jefferson County FCS
Agent

November

No Lesson - No leader training

December

Packet Lesson – Home Cleaning Products
–Safe, Healthy, Green
Allison Lewis, Spencer County FCS
Agent

January 6 – 1:30 pm

Time Management
Sheila Fawbush, Shelby Co FCS Agent

February 24 – 1:30 pm

Green Your Home
Valerie Holland, Jefferson Co. FCS Agent

March 24 – 6:30 pm

Understanding the Food Label
Chris Duncan, Oldham Co, FCS Agent

April 28 – 6:30 pm

Travel the Kentucky Quilt Trail
Jane Proctor, Trimble Co. FCS Agent

Canning Class

The Spencer County Extension office will be offering a canning class on Tuesday September 29th from 10 am to 2 pm. It will be taught by Chris Duncan, Oldham County Family and Consumer Science Extension Agent. The cost is \$10 which will cover lunch and supplies. Come learn the proper way to can and use a pressure canner. Also, bring your pressure canner so that the gauge can be tested. Call the Spencer County Extension Office to sign up at 477-2217.



Lunch and Learn: Women's Cancer Awareness Program

On Thursday October 29, 2009 from 12 pm to 1 pm The Spencer County Extension Office will be holding a Lunch and Learn to raise awareness about cervical and breast cancer to women in the community. The program will explain medical research, serving as a bridge between scientific breakthroughs and public understanding. Representatives from the University of Kentucky and the University of Louisville Kentucky Cancer Program will be present. A representative from the Kentucky Women's Health Registry will also be present. This program is geared toward women forty and older; Spanish speaking women are also

encouraged to come. The program is free and lunch will be served. Please call the Spencer County Extension Office to sign up at 477-2217.

Kentucky Women's Health Registry

The Kentucky Women's Health Registry is the first state wide confidential, annual health survey for women. The data collected is used by the University of Kentucky and by the University of Louisville to understand how environment, stress and health behaviors affect women's health over time. The survey can be done online at <http://www.kywomensregistry.com>. The Registry is simply women helping women of today and tomorrow. It is very important that the Registry is diverse. So, young women as well as their mothers and grandmothers need to participate. The goal is 2500 women taking the survey each year so they need your help!

Your answers are kept confidential (HIPAA and Certificate of Confidentiality from the National Institute of Health) and anonymous. They ask for your name and address so they can find you next year and so that they can send you updates on what they are learning about women's health but, your name is stored separately from your answers. Some women may qualify to participate in subsequent research. If you are selected you can always call and say you do not want to be in the particular study. The Registry allows you to choose how involved or uninvolved that you would like to be.



2009 Boomer and Senior Games **September 12, 2009**

Officially sanctioned games for persons 50 and over will be held on the campus of Berea College from 9:00 AM to 5:00 PM. Sports will include : Badminton, Basketball, Cycling, Golf, Racquetball, Swimming, Tennis, & Track and Field. Pre-register with completed entry form. Cost including T-Shirt and lunch is \$15.00 cash/check.

Contact Persons: Randy Lawson at BGAAAIL at (859) 269-8021 or Martha Beagle

at Berea College (859) 985-3573 or Paula Woodman at Berea Senior Center (859) 986-8350.

Enter your best at the Boomer and Senior Arts and Crafts exhibit at the Games, too! For more info go to:

<http://www.berea.edu/peh/boomergames.asp>

Make It with Wool: Kentucky Competition

The Kentucky competition will be held on October 17, 2009 in Frankfort, KY. Entry forms are due by October 1, 2009 along with two 5x5 pieces of fabric and \$20.

What can I enter?

Junior, seniors, adults, made for others can enter:

* One-piece garment: dress, jumper, outerwear jacket, coat or cape

* Two-piece outfit: coat, jacket, cape, blouse/shirt, vest or sweater with dress, jumper, skirt, pants, or shorts

Preteens may enter:

Dress, jumper, skirt, pants, shorts, vest, sweater, shirt/blouse, jacket, or a combination of garments

To be eligible, a garment must have been completed after January 1, 2009

What are the judging criteria?

- * Appropriateness to contestant's lifestyle
- * Coordination of fabric/yarn with garment style and design
- * Contestant's presentation
- * Construction quality
- * Creativity

Judging is private and decisions are final

Who can enter?

- * Preteens, ages 12 and under
- * Juniors, ages 13-16
- * Seniors, ages 17-24
- * Adults ages 25 and older
- * Made for Others (any age)

What are the prizes?

* Fabrics, sewing books, equipment and notions are awarded at the KY and National levels



* Junior and senior KY winner advance and represent KY at the National finals Jan, 21-23, 2010 in Nashville, TN

*Adult state winners send 5x7 photos and video (max. 3 min.) of themselves wearing garment(s) to national photo competition. National adult winner receives a trip to model in the National Competition.

Scholarships/award awarded at the National Level:

\$2,000 American Sheep industry Women (Junior and Senior winners)

\$1,000 Pendleton Woolen Mills (Junior winner)

\$1,000 Mohair Council of America (Junior or senior award for complete garment made of mohair)

\$1,000 American Wool Council (Fashion/apparel design)

\$500 Savings Bond American Merino Wool (Garment made 100% Merino Wool)

Special Notional Awards

- * Exemplary Construction (Sew New Magazine)
- * Machine Embroidery (Creative Machine Embroidery magazine)
- * Use of a Claire Schaeffer's "Custom Couture Collection" pattern from Vogue Pattern Co.
- * Use of a "Wild Ginger" software pattern

For more information or question contact:

Dorothy Vale, Kentucky Director

2720 Union Mill Road

Nicholasville, KY 40356

Phone/fax 859-887-2312/ cell 859-420-3217

Or stop by the Spencer County Extension Office and pick up a form.

Bluegrass Basket Guild 4th Annual Basket Retreat

Do you like to make baskets? Are you looking for something fun to do? Come join the Spencer County Bluegrass Basket Guild for their 4th Annual Retreat. **THE DEADLINE IS SEPTEMBER 5.** The retreat is held at the Shelby County Extension Office on October 23 &



24. There is a hotel that has rooms that is within a 5 minute drive of the extension office. For more information or registration, check out the Spencer County Extension Website at www.spencerextension.com and click on the Bluegrass Basket Guild Retreat information on the right hand side. Come on out and join us. There are lots of new friends waiting to meet you.

**3rd Annual Kentucky Farm Women
Field Day**

**SAVE THE DATE - TUESDAY,
SEPTEMBER 22, 2009!**

We are excited to announce that the 3rd Annual Kentucky Farm Women Field Day will be held on Tuesday, September 22, 2009, at the Louisville Zoo, 1100 Trevilian Way in Louisville! You are invited to join women associated with agriculture from all across the Commonwealth for fun, fellowship and a free meal at the zoo!

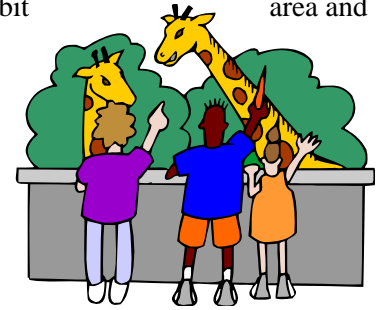
For the 3rd Annual Kentucky Farm Women Field Day, registration will be held at 2:45 pm ET at the front entrance. Following registration, everyone will convene in the Oasis Tent and then have the opportunity to rotate through six different learning stations and exhibits of topics including Landscaping/Yard Maintenance; "What I should know before I go to the parts counter;" Tips on buying tractors and equipment/Maintaining your equipment; Environmental Stewardship Best Practices; Women's Health; Farm Safety with Kentucky Department of Agriculture Expert Dale Dobson; Focus on Ag Education: scholarships, training & leadership programs available; Cooking Demonstrations and more! The dinner, compliments of Hartland Equipment, will follow along with a forum that features special guests with Q&A. We will conclude the field day with an overview of the zoo from a Louisville Zoo Team Member. You may even get to meet some of the special animals!

Please don't let your children keep you from coming. There will be educational activities for them throughout the zoo that afternoon so the women can enjoy the event. Please know that transportation from the front of the zoo to the field day area will be made



available to those who request it. We are proud to be able to provide exhibit space free of charge. When you RSVP, please let Jean-Marie know if you will need transportation at the zoo, if children will be coming with you, if your organization would like to be featured in the exhibit area and if you are interested in being a sponsor.

Hartland Equipment will purchase admission tickets to the Louisville Zoo for the first 300 who register for the field



day! The zoo opens at 10:00 am ET; and if you would like to explore the zoo before the field day, RSVP soon and a team member will greet you at the front entrance to give you your ticket. To RSVP or if you have questions, contact Jean-Marie Lawson, Corporate Marketing Manager, Hartland Equipment at jean-marie@hartlandeq.com or (502) 239-8484.

We are thrilled to be having our 3rd Annual Kentucky Farm Women Field Day at the Louisville Zoo, which sits on 100 plus acres of land with hundreds of varieties of exotic and natural plants, trees and grasses spread throughout. The zoo has over 1,300 animals exhibited in beautiful natural settings. Favorites include giraffes, elephants, gorillas, lions, tigers, penguins, pygmy hippos, orangutans, reptiles, hundreds of colorful birds and many more. The Louisville Zoo is honored to be the site of the field day and the team members look forward to showcasing the award-winning zoo! For more information about the Louisville Zoo, visit www.louisvillezoo.org.

We are looking forward to a great field day on September 22 at the Louisville Zoo! There are dedicated sponsors and committee members helping plan this event. Exciting details are being planned while you are reading this memo. Please stay tuned!

October 11: Second Sunday

Communities across the state are planning simultaneous events or activities from 2-6 p.m. on October 11 so that residents will bike, walk, run, play and participate in fun and healthy activities. Kentucky is consistently ranked in the top 10 states for obesity and obesity-related diseases. Second Sunday presents a message of change from being a state of spectators to one of active people. More than 12,000 people in 70 counties participated last year.

Why not get your family together, or your neighbors, friends, church or other group and plan to go biking, hiking, canoeing, fishing, running, have a ball game or whatever type of physical activity you enjoy. Participate and then send us the attached log sheet so we can put Spencer County on the Second Sunday map!

Second Sunday Log Sheet:

Spencer County Families are encouraged to plan a family/group physical activity on October 11 from 2-6 p.m.

So that we can obtain a record of how many and what types of activities Spencer County Families/Groups participated in we are asking that you complete the simple form below and return it to us by October 18.

We will have a random drawing of all the completed logs turned in and will be providing several prizes for participants.

We only need one form per family/group.

1. Name of person completing this form

Name of group if applies: _____

2. Phone number or email address:

3. Number of family/group members who joined in activities: _____

4. Activities your family/group participated in:

5. Amount of time spent on activities: _____

Return to:

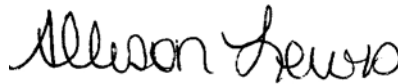
The Spencer County Cooperative Extension
 Service
 Box 368
 66 Spears Dr.
 Taylorsville, KY 40071

****The Spencer County Extension Office will be closed Monday September 7, 2009 for Labor Day. We will reopen Tuesday September 8, 2009 at 8 am. *****

Up Coming Programs and Events

- KY Farm Women Field (Sept. 22, 2009)
- Canning Class (Sept. 29, 2009)
- Second Sunday (Oct. 11, 2009)
- Louisville Area Homemakers Annual Meeting (Oct. 13, 2009)
- Spencer County Homemakers Council Meeting (Oct. 20, 2009)
- Lunch and Learn: Women’s Cancer Awareness Program (Oct. 29, 2009)
- Holiday Workshop (Nov. 10, 2009)
- Louisville Area Homemakers Council Meeting (Nov. 16, 2009)

Visit our website at www.spencerextension.com



Allison Lewis
 CEA for Family and Consumer Sciences

IT'S THAT TIME AGAIN

It is time to pay your dues again. The price has gone up this year to \$8.00. We need to have them in before December 1. Please complete the below form and mail back to our office. The address is on the front page.

NAME:	
ADDRESS:	
PHONE:	
EMAIL:	
M-A-L:	
CLUB(S) YOU ARE A MEMBER OF:	