

Family & Consumer Sciences

Quilting Class

Class will be offered for beginning quilters

Content to include:

- Learning to quilt
- Using a rotary cutter
- Using a ruler
- Fabric selection
- Quilt supply list

Classes begin March 3, 2009, 6:00 p.m.
Class will meet the 1st and 3rd Tuesday of March, April and May

Classes will be held at the Extension Service Office. Cost of the class is \$7.00 which includes an annual membership in the Trimble County Homemakers.

Please call the Extension office to register.

(502) 255-7188

Supplies not included.

Trimble County Homemakers Annual Meeting March 30, 2009

Registration 6:00 p.m.

Dinner 6:30 p.m.

Program 7:15 p.m.

Cost: \$10.00

RSVP by March 20th

Guest Speaker:

Atta Kul Kulla

Atta Kul Kulla was the Peace Chief of the powerful Cherokee Nation. Called the "most important Indian of his day". Among his many contributions to the Cherokee Nation, he played a key role in the famous land transaction known as the Transylvania Purchase.



Cooperative Extension Agent
Family & Consumer Sciences



Speedy Suppers



**Monday, March 9th
10:00 a.m.**

Concern about health is leading some people back to the kitchen. With planning and a few short cuts, it isn't hard to prepare speedy suppers that put you in charge of what and how much you eat. Come join us for this lesson taught by Jane Proctor. Please RSVP at 255-7188

Preserve Your Heirlooms

March 26, 2009

The Homemaker lesson "Preserve Your Heirlooms" is Thursday, March 26, at 1:30 p.m. at the Extension Office. Valerie Holland, Extension Agent for Family & Consumer Sciences in Jefferson County will be presenting the lesson. Everyone is invited!

Attention Grandparents!

Are you a **Grandparent Raising Grandchildren**? Have things changed since you raised your children? Do you need more information? More support? More everything?

Please join us for a light dinner as we work together to become better informed role models to our families.

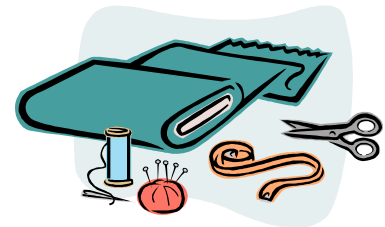
We will be meeting at the Trimble County Cooperative Extension Office (43 High Country Lane, Bedford) on March 23rd, 2009 at 6:00 pm.

Any questions, please call Denise Hall at (502) 255-5110 or Jane Proctor at (502) 255-7188.

Featured Publications:

The Extension Service is your source for information. If you are interested in any or all of the following call us and we will mail them to you.

- ◇ *How to Get Out of Debt*
- ◇ *Supermarket Savvy*
- ◇ *Hit the Deck—
Cleaning & Maintenance of decks*



**It's Sew Fine:
For Home & Family
Sewing Expo
April 14 & 15, 2009
General Butler State Park
Carrollton, Kentucky**

If you have an interest in sewing, home decorating, fashion, or quilting, join us at the Sewing Expo! For more information, phone Judy Hetterman at (502) 484-5703 or email:

jhetterm@uky.edu