

Family and Consumer Sciences

UK Cooperative Extension Service
Family and Consumer Sciences

SEPTEMBER

2024 NEWSLETTER



Jessamine County
95 Park Drive
Nicholasville, KY 40356
(859) 885-4811
jessamine.ca@uky.edu



Calendar of Events

Sept. 2	All Day	Office Closed: Labor Day
Sept. 13	All Day	Homemaker Day Out to Maysville
Sept. 21	10:00 am- 3:00 pm	Piece Quilters Annual Quilt Show
Sept. 23	5:00 pm	Homemaker Council Meeting in John Nickel Room
Sept. 28	10:00 am- 3:00 pm	Quilter's Yard Sale
Oct. 3	6:00 pm	Homemaker Kick-Off/ International Meeting
Oct. 12	10:00 am	Homemaker Annual Area Meeting in Woodford County
Oct. 16	11:00 am- 1:00 pm	Homemaker's Leader Lesson: Healthy Eating Around the World

Jessamine County Extension

Homemaker Clubs

Hearts N' Hands

First Tuesday of the month, 10 a.m.
at the Extension Office

Town N' Country

First Tuesday of the month, 6 p.m.
at the Extension Office

Happy

Second Tuesday of the month, 6 p.m.
in a member's home

Garden Club

Third Monday of the month, 1 p.m.
at the Extension Office

4-HMothers

Third Wednesday of the month,
9:30 a.m. in a member's home

Edgewood Evening

Fourth Monday of the month, 6:00
p.m. at the Extension Office

Piece Quilters

Every Tuesday, 9:30 a.m., Ag Center
RoomA

Follow us Online!

****We post all classes on our Facebook page and website! Following us online is an easy way to stay "in the know" with Jessamine County FCS Extension.**



Jessamine County Family and Consumer Sciences on ... Face book: <https://www.facebook.com/JessamineCountyFCS/>



Check out our county website for information for all program areas!
<https://jessamine.ca.uky.edu/>

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Lexington, KY 40506



Disabilities accommodated with prior notification.

Homemakers' Creed Blackout Poetry Contest

Deadline October 12, 2024

Blackout Poetry is a fun way to highlight words or phrases that have meaning to you from a document. This is a way to help "Find Your Why" as you take a personal journey through this process and examine the Homemakers Creed.

Step 1: Read the creed

Step 2: Scan the Creed and Circle words or phrases that are important to you and align with your thoughts as to why Homemakers are important to you.

Step 3: Read the Creed and ask yourself what it means to you? Circle more words or phrases that help answer Your Why?

Step 3: What colors, shapes, or images do you associate with your feelings about Homemakers and the meaning of the Creed.

Step 4: "Blackout" the words not circled, Using those colors and shapes/images you identified in step 3. Be creative and draw, color, decorate overtop of the Creed. DO NOT cover the circled words, these should be easy to read.

Step 5: Reflect on your Why? Does this creative process and the end result reflect on your Why?

Step 6: Share your Poetry and your WHY with others.

Turn your artwork in for the Blackout Poetry Contest to your local Extension Office before or at Fort Harrod Area Annual Meeting. Please make sure your name, county, and club are on the back of your poem for easy identification. The Annual Meeting will be hosted by Woodford County Homemakers, on Saturday, October 12.



KENTUCKY HOMEMAKERS' CREED

I believe in the home as an inspiring and happy center of family life -- comfortable and attractive -- a place for relaxation and work, where pleasures and responsibilities are shared.

I believe in the home and its contribution to community life, which reflects the development of the homemaker and the family.

I believe in the homemaker -- alert, diligent, in search of better ways, of doing ordinary things, for the welfare and happiness of the family.

I believe in the homemaker as a community leader, responsible for passing on to others, mastered skill and knowledge.

I believe in the fellowship that comes through the homemakers' organization—the exchange of ideas and the joy of knowledge shared with others, thus broadening our lives, and lifting household tasks, above the commonplace.

For these opportunities, I am grateful. I am also thankful for the courage of yesterday, the hope of tomorrow, and a growing consciousness of God's love always.

BIG BLUE BOOK CLUB

presents **SNACK CLUB**

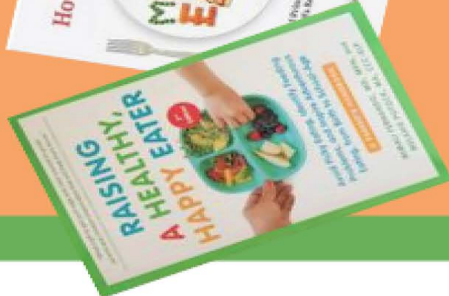
available
9/5/24

Do you have questions about feeding children but little time to read books or participate in a book club?

How to Raise a MINDFUL EATER



RAISING A HEALTHY HAPPY EATER



Great news - we've reviewed the books for you!
You get to decide when and how to listen to or watch bite-sized bits of information about feeding children of all ages. Short episodes can be found on our Talking FACS podcast and The FACS Learning Channel on YouTube. Register to learn about episode drops, to subscribe to our SNACK Club newsletter, and to receive news about local Extension events!

Visit <https://ukfacs.net/BBBCsnack> or scan the QR Code to register today!



200 copies of Raising a Healthy, Happy Eater are available for the first registered participants.



Fort Harrod Area Homemaker's Day Out Maysville

September 13

Meet at the National Underground Railroad Museum at 10:30am

- National Underground Railroad Museum
- Lunch at Tumbleweed Mexican Restaurant
- Kentucky Gateway Museum Center with world-class miniatures and the Old Pogue Experience
- River murals at the end of the day. View at your own pace as you leave town



Cost is \$5 for the Railroad Museum (cash only) and \$10 for the Gateway Museum. You'll also pay for your lunch & anything you purchase. Call your county office to RSVP by September 6.

National Underground Railroad Museum
38 West 4th Street

Tumbleweed
511 Market Square Drive

Gateway Museum Center
215 Sutton Street



Healthy Eating Around the World



October 16th
11am-1pm

Event will be held at the Boyle County Extension Office

99 Corporate Drive
Danville, KY 40422

WE'RE GOING TO TAKE A TRIP AROUND THE GLOBE TO LEARN ABOUT DIETARY GUIDELINES FROM OTHER COUNTRIES. ALONG THE WAY, WE'LL LEARN ABOUT NEW FOODS AND WAYS OF EATING. JOIN US FOR THIS INTERACTIVE DAY OF TASTE TESTING AND FUN!

Free Program presented by the Fort Harrod Area FCS Agents- This is a Homemaker Leader Lesson, but anyone can attend!

Please register by October 9th by calling the Boyle County Extension Office at 859-236-4484.



Dear Homemakers,

Thank you from the bottom of my heart for being so welcoming of me. I appreciate you all being so patient with me as I am learning all of the things.

I will be out of the office from September 12th- 20th as I will be traveling to Arizona for the National Extension Association of Family & Consumer Sciences Conference. With that being said, please reach out to the office if you have any questions or feel free to call and leave me a voicemail and I will give you a call back when I get back into the office on September 23rd.

Also, If you are interested in being on the Homemaker Chairperson board, please reach out to me for details.

Thank you all!

Sincerely, Sara Haag :)



Jessamine County Extension Agent for
Family and Consumer Sciences

PLEASE READ :)

Information about the Annual Meeting

Fill out the registration information on the next page and You can either bring me the filled out slip and the check and I will get them to their designated place or you send both the slip and the check by mail to the Woodford County Extension office.

Thank you!

I look forward to *A Day at the Races* with you all :)

Thanks,
Sara Haag



Jessamine Piece Quilters Annual Quilt Show

Sat., Sept 21, 2024 10
a.m.-3 p.m.

Location:

Camp Nelson National Monument 6614
Old Danville Road Loop 2
Nicholasville, KY 40356

- Civil War reproduction and Underground Railroad quilts, displayed in a reproduction Civil War barracks building
- Many other quilts and wall hangings
- Presentation on Civil War quilting
- Bed turning of Civil War reproduction and other quilts
- Opportunity quilt "Farm Girl Vintage"

- Visit the Civil War Museum at Camp Nelson

jesspq.org – check the website for details

Quilter's Yard Sale is Sat. Sept 28 at Jessamine County Extension Office from 10am to 3 pm.



FORT HARROD AREA ANNUAL MEETING



A Day at the Races

Come dressed in your favorite race day attire to enjoy lunch and our guest speaker, Michael Blowen, founder of Old Friends Thoroughbred Retirement Farm.

When: October 12th, 2024, 10:00 AM
Registration begins at 9:30 AM.

Register by calling the Woodford County Extension Office.

Where: Versailles Baptist Church
125 E. Green St.

Make checks payable to:
"Woodford County Extension Homemakers"

Program Cost: \$20

Mail checks to:
184 Beasley Drive
Versailles, KY 40383

Registration Deadline: September 27th

(859) 873-4601



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Disabilities accommodated with prior notification.

please return bottom portion with payment to the Woodford Co. Extension Office

Name: _____

Phone Number: _____

County: _____




Jessamine County
Homemaker Annual
Meeting and Kick-off

October 3rd

Registration @ 6:00 pm

Program will begin at 6:30 pm



Located at the Jessamine County Ag Center
Join us as we learn all about the country
Uganda by our very own Ag Agent Steve
Musen

Cost is \$10.00

Dinner will be provided

Please make checks out to the Jessamine County Homemakers
please return bottom portion with payment to the Jessamine County Extension Office by Oct. 1st.



Name: _____

Phone: _____

Club: _____

No. Attending: _____ **\$** _____





Jessamine County Extension Office
95 Park Drive
Nicholasville KY 40356