



University of Kentucky  
 College of Agriculture,  
 Food and Environment  
 Cooperative Extension Service  
 Family and Consumer Sciences



# LYON COUNTY HOMEMAKERS

MAY  
 2024

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Sincerely,

Angie York  
 County Extension Agent for Family & Consumer Sciences



Hello Homemakers,

It's time to start getting your affairs in order! Your volunteer hours are due by June 30, 2024. For an added incentive this year the group turning in the highest percentage of volunteer hours will get an "Apple Charcuterie" party in September when the new Homemaker Year starts. We will have 5 competing groups. Lake Barkley, Eddyville, Saratoga, Fairview, and Members-at-Large. Light a fire under your friends so you can be the group who wins the party! All the details for volunteer hours and the reporting form are at the end of the newsletter. Congratulations to Evette Stewart who is the winner of last month's grilled cheese challenge. Stop by the office and pick up your incentives. Lastly, we need some help completing our Quilts for Courage quilts for this year's recipients. We have several quilt tops made, but need some help getting them quilted. For those of you who do not sew, but want to help, we are taking donations to pay to have them quilted. On average the size we give costs about \$80 to quilt. If you would like to sponsor a quilt at full cost or add a donation of any amount to the quilting fund, we could get that much closer to our goal for this year. Thank you for all you do!



-Angie

**WINNING GRILLED CHEESE**

*While we aren't quite done with this Homemaker year, it is still time to start thinking about next year. Be looking through the lessons and decide which one you want to teach next year for your club, or if you are a member-at-large, you can decide which training you want to attend. Dates and times will be in the newsletter each month.*

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**Pennyrile Area Homemaker Leader Training  
2024-2025**

**September – Roberts Rules Refresh (Alex Kelly)**

How do you rate your skills in using Robert's Rule of Order? Could you use a refresher to be sure you know the basic parliamentary procedures that can improve the effectiveness of any business meeting? Join us in brushing up on our skills in this lesson on Roberts Rule of Order!

**October – Self-Care: Meaningful Social Connections (Jill Harris).** This lesson will examine strategies for making social connections a part of self-care, which helps overall well-being and life quality. May include tips for self-pampering.

**November – How to Get Out of a Mealtime Rut (Angie York).** If you can't think of the last time you were excited about cooking, you may be in a cooking rut. Join us for creative strategies that can be used to prepare delicious meals at home.

**January – Indoor Air Quality (Teresa Garcia)**

This lesson seeks to raise awareness and knowledge about indoor air quality, how it can be affected by things in our indoor spaces, how it can affect one's health, and steps for improvement.

**February – Inspiring Grandchildren to become Grand Cooks (Joni Phelps).** This lesson will give ideas for bringing different generations together in the kitchen in ways that build confidence, share knowledge and traditions, and create lasting memories.

**March – Composition in Photography (Amanda Dame).** If you are looking to take photographs that not only capture the moment but also enhance it, this class is for you! To assist you in this journey, you will learn suggestions for successful composition in photography. These tips will help you create stunning images that will not only remind you of the moment but also bring out the beauty and emotion of the scene.

**April- Transferring Cherished Possession: Estate Planning Tips for Non-Titled Property (Tiffany Bolinger)**

Distributing cherished possessions and other non-titled property is often overlooked when estate planning. Learn ways to create a plan for distributing household items – from treasured heirlooms to closets full of clutter. You will gain a better understanding of everything that makes up your "estate."

**May- Move Your Way: Exercise for Everyone (Ashley Board)**

This lesson focuses on non-impact exercises, specifically seated movements, to help improve balance, posture, muscular strength, and ability to perform daily living activities.

**June- Creating Welcoming Communities (Rebecca Woodall)**

This lesson focuses on becoming a more prepared community volunteer by understanding how culture makes all of us unique. We will examine our own culture, understand culturally related strengths of both ourselves and of others, and gain an understanding of oppressive experiences and their effects.



Welcome to a 5-part series  
where you will learn tips and  
tricks for creating restaurant  
quality foods at home.

MAY 6, 2024

All Savor the Flavor Classes are at 6:00 PM at the Lyon County Extension Office. Please call 270-388-2341 to register.

## Senior Citizen's Nutrition Class



JOIN ME MAY 14, 2024 AT THE LYON COUNTY SENIOR CITIZEN'S FOR THE MONTHLY NUTRITION LESSON. WE PLAY GAMES, TASTE TEST RECIPES, AND GAIN VALUABLE KNOWLEDGE ALONG THE WAY. NO NEED TO SIGN-UP, JUST COME BY AT 10:30.

## June Homemaker Leader Lesson

THE JUNE LEADER LESSON WILL BE MAILOUT LESSON. LOOK FOR THE PUBLICATION TO BE IN YOUR MAILBOX OR INBOX AT THE FIRST OF THE MONTH.

## Crafting With Christy



When: May 6, 2024  
Where: Lyon County Extension Office  
Time: 1:00 PM  
Cost: \$10



Come join Christy for a fun crafting project. Must come by and pay to get on the class roster. For questions, please call 270-388-2341.

Craft Club will not meet in June.



# Barn Quilt Painting Class



Join us for this fun class taught by Master Gardner Shirley McPowell. There will be color and wording options, but all will be the star quilt pattern.

When: May 16, 2024

Where: Lyon County Extension Office

Time: 9:00 AM to 3:00 PM

Must sign up and pay by May 10, 2024. Very

limited number of spots available. Don't wait!

**\$75 CLASS FEE**

## Halloween Candy Quilt



**Where: Lyon County Extension Office**

**When: May 23, 2024**

**Time: 9:00 AM to 3:00 PM**

**Cost: Free**



**Spots are limited.**

**Call 270-388-**

**2341 to hold your**

**place. Supply list**

**will be given**

**when you sign-**

**up. Make sure to**

**bring a sack**

**lunch.**



# Homemaker Volunteer Hours

It's May so that means it's time for me to start reminding you to complete your volunteer hour forms for this Homemaker year. I know many of you don't like doing this. Believe me, you are very vocal about it, but it is an important part of being a Homemaker. Knowing the number of hours volunteered across the state helps our stakeholders at the state level get funding to continue the work that is so important through the Homemaker program. Did you know that each hour you volunteer in the state of KY is worth \$21.42. When you multiply the hours you volunteer by that dollar amount it shows an amazing group of Homemakers are hard at work serving their communities. We have many new Homemakers on board in the last couple of years, so I want to take a minute to refresh everyone on how to report your volunteer hours. The report form is on the next page of the newsletter.

On the report form you will see four different areas. Each one shows a different area where you may be volunteering your time. It is divided into Extension hours, KEHA hours, community hours, or personal hours. The key thing to remember when completing your form is to think, "am I doing something for free that a person would otherwise have to pay for?" If so, it counts as volunteer time. Here are some examples ( but not all, there are many more) in each category.

## Extension

- Serving as a District Board member
- Serving as a CEC member
- Assisting an agent with a program
- Serving as a 4-H leader or program helper
- Serving as a Master Gardener

## KEHA

- Time spent driving to and from and attending a Homemaker meeting
- Time spent hosting a Homemaker meeting
- Time spent serving on the county or area Homemaker councils
- Time spent on Homemaker projects such as Quilts for Courage, Pretend Store, Bake Sales or other Homemaker events
- Time spent serving as a club, area, or state officer.

## Community

- Volunteering at the food bank
- Volunteering at Nonnie's attic
- Volunteering for your church in any capacity (Sunday school teacher, VBS, treasurer, etc)
- Volunteering at school

## Personal

- Babysitting your grandchildren for free
- Taking your neighbor to the doctor
- Cooking a meal for a sick family member or neighbor
- Babysitting a pet for a family member instead of kenneling

The Homemaker hours for this year are due in the office by **June 30, 2024**. These hours should encompass all volunteer work you have done between **July 1, 2023 and June 30, 2024**. Each item should be listed individually. We can make as many copies of the volunteer log as you need. I always encourage you to start keeping these on July 1 each year so you don't have to go back and try to remember. Many hours are lost to reporting when we try to just do it once per year. Club members and Members-at-large should all report. If you have questions, please call the office at 270-388-2341.

