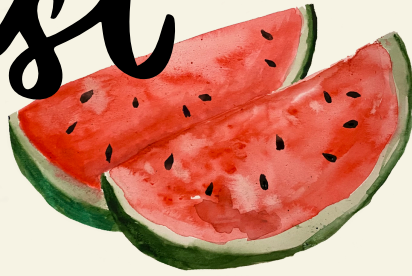


# August

2024



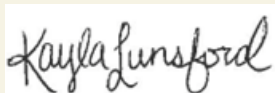
 **Martin-Gatton**  
College of Agriculture,  
Food and Environment  
University of Kentucky.

Cooperative Extension Service  
Garrard County  
1302 Stanford Road  
Lancaster, KY 40444  
(859) 792-3026  
Fax: (859) 792-3026  
[extension.ca.uky.edu/garrard](http://extension.ca.uky.edu/garrard)

## Garrard County Family and Consumer Sciences Newsletter

Happy August!

It's hard to believe how quickly summer is slipping by. With all of this unrelenting heat, maybe you're ready for some cooler days, or maybe you are still riding that summer wave! Either way, I hope you're finding time to enjoy yourself. I want to extend a big thank you to everyone who took time to enter something into the fair or helped in some way! We brought in a considerably larger amount of entries than we did last year, and I was amazed by the talent I saw displayed! Stay tuned for many fun upcoming programs and events. You won't want to miss out. For any questions or concerns, please know my office door is open, and I'm happy to help.



County Extension Agent for  
Family and Consumer Sciences



CHECK US OUT ON  
SOCIAL MEDIA!



[HTTPS://WWW.FACEBOOK.COM/GARRARDCOUNTY FCS](https://www.facebook.com/garrardcountyfcs)

Cooperative  
Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.  
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# Upcoming Events



## LUNCH AND LEARN FREE MONTHLY COOKING CLASS



**AUGUST 6TH**  
12PM OR 6PM

**GARRARD COUNTY  
EXTENSION OFFICE  
1302 STANFORD ROAD**

**PLEASE CALL TO  
REGISTER:  
859-792-3026**

**This month, we will be sampling a delicious recipe and learning about the work of Dr. George Washington Carver!**

**TOPIC OF THE MONTH:  
DR. GEORGE  
WASHINGTON CARVER**

**RECIPE: PEANUT  
BUTTER OATMEAL  
BITES**



**FRIENDLY FIBERS GROUP  
MEETS EVERY 4TH MONDAY  
AT 1:30 AT THE OFFICE.  
JOIN ANYTIME IF YOU  
LIKE KNITTING, CROCHET,  
OR OTHER TYPES OF  
NEEDLEWORK!**



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Extension Service

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## FCS MEETS THE FARMER'S MARKET! MONDAY, AUGUST 12TH, 3-6PM!

**I WILL BE SET UP AT THE GARRARD COUNTY  
FARMER'S MARKET THE 2ND MONDAY OF  
EVERY MONTH! COME OUT. GRAB SOME  
GREAT PRODUCE AND SAY HI! I WILL BE  
GIVING OUT SAMPLES, PROMOTING  
EXTENSION AND MEETING WITH THE  
COMMUNITY!**



## YOGA CLASS!

**INSTRUCTOR: KRISTINA BEAMAN**

**COST: \$5 PER CLASS**

**TIMES:**

**TUESDAYS AT 7PM (BEGINNER AND ADVANCED)**

**THURSDAYS AT 9AM (CHAIR YOGA)**



**FOR MORE INFO, PLEASE CALL THE OFFICE OR CHECK OUT THE  
"YOGA W/ KRISTINA" FACEBOOK GROUP!**

# Cut-Flower Garden Tour

Friday, August 16th at 9am

We will be touring Joanna Kirby's gardens once again!  
 Call 859-792-3026 to get info and sign up. We will depart from the Extension Office at 8:45am. Participants will also have the option to make their own flower arrangement after the tour, and the cost for that will be \$20. Checks can be made out to Joanna Kirby.



**ENVIRONMENT**

and will not discriminate on the basis of gender expression, pregnancy, marital rights activity. Reasonable accommodations may be required with prior notification.



Disabilities accommodations with prior notification.

# Garrard's Gardeners

Open to the public  
 Please call to register: 859-792-3026  
 Held at the Garrard Co. Extension Office

Next meeting: August 22nd  
 at 4pm  
 Topic: Pollinators



Disabilities accommodations with prior notification.





# LAUGH & LEARN

## MONTHLY PLAYDATE

August 27th  
10-11am

Garrard County  
Extension Office  
1302 Stanford Rd.

August Topic:  
Apples

This is a Kindergarten readiness program for ages 2-5. Each session will include story time, snacks, crafts, and activities that will engage your little one and provide developmentally supportive play to help prepare them for school! Parents or guardians must be present at all Laugh and Learn playdates!

Please call to RSVP: 859-792-3026



Cooperative  
Extension Service

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Community and Economic Development  
Lexington, KY 40546



NATIONAL EXTENSION WORKING GROUP

LEARN THE BASICS ABOUT DIABETES.

MAKE HEALTHIER VERSIONS OF FAMILIAR FOODS.

LEARN NEW COOKING TECHNIQUES.

SAMPLE HEALTHY RECIPES.

Aug. 1st, 15th, 29th, and Sept. 12th

5pm - 7pm

Garrard County Extension Office

Please call the Garrard County Extension Office to register for this 4 part series. 859-792-3026



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LEXINGTON, KY 40546





# Homemaker Happenings

## Upcoming Dates

**Countryside Club: No August meeting**

**Not Yo Mama's Homemaker Club: Meeting information coming soon!**

**Go-Getter's Club: August 19th at 5pm at Garrard Ext.**

**Officer and Chairperson Training: August 20th at 10am at Mercer Ext.**

**Homemaker Council Meeting: August 26th at 6pm**



**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.

<b>National Underground Railroad Museum</b> 38 West 4th Street	<b>Tumbleweed</b> 511 Market Square Drive	<b>Gateway Museum Center</b> 215 Sutton Street
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Fort Harrod Area

## Extension Homemakers Officer & Chairperson Training

**FREE TRAINING WITH LUNCH PROVIDED**

Join the Fort Harrod Area FCS Extension Agents for this area-wide training! Leave the day feeling equipped to lead your county and energized for the upcoming Homemaker year!

Topics discussed will include membership, recruitment, service projects, parliamentary procedure, and more!

**August 20th  
10am-1pm**

**Mercer County Extension Office**  
1007 Lexington Rd,  
Harrodsburg, KY 40330

Please register by  
August 13th by calling  
859-734-4378

**DON'T FORGET TO RECORD YOUR VOLUNTEER HOURS! A TALLY SHEET WILL BE INCLUDED WITH EACH MONTH'S CALENDAR TO HELP YOU KEEP TRACK OF ALL THE GOOD WORK YOU DO! TOTALS ARE DUE EACH YEAR IN JULY, SO WE ARE HEADING INTO A FRESH YEAR NOW! IF YOU HAVE QUESTIONS ABOUT WHAT COUNTS AS HOURS, WE WILL BE ANSWERING QUESTIONS AT THE ANNUAL MEETING.**



## 2024-2025 Fort Harrod Area Leader Lesson Schedule

August

September

October

November

January

February

March

April

Instructor	Multi County Program	Alethea Bruzek	Multi County Program	Kayla Lunford	Hannah Thornsberry	Jody Paver	Tara Duty	Multi County Program
Lesson Title	Officer and Chairperson Training	Communication Essentials	International Dinner Seminar	Mindful Eating	Have Emergency Health Information	Elements and Principals of Art	KEHA Plays Pickleball	Move your way: Exercise for Everyone
Date	August 20th 10AM @ Mercer County Office	Check with your office for viewing party details	October 16th @ Boyle County Office time TBD	Check with your office for viewing party details	Check with your office for viewing party details	Check with your office for viewing party details	Check with your office for viewing party details	April 30th Franklin County Office @4:30PM
Description	Learn how to be an effective officer or chairperson in your county.	Learn about non verbal communication.	Take a trip around the world to learn dietary recommendations in other countries.	This lesson covers differences in mindless eating and tips for being more present while you eat.	Learn the importance of an Emergency Health Information Card.	Learn what makes 2D art pleasing.	Learn how to play Pickleball and how to get active!	Learn inclusive exercises for all bodies.





*Please join us for the 96th*

# ANNUAL GARRARD COUNTY HOMEMAKER MEETING

**Friday, September 27th  
6pm**

**Cost: \$10/person**

**This will be a fun-filled celebration for all Garrard County Homemakers and those interested in joining! Spouses are also welcome to attend. The event will include dinner, a silent auction, door prizes, and installation of new county officers. Proceeds from this year's event will go to Ovarian Cancer Research, which will be our educational theme for the evening. You may also pay your dues for the 24'-25' Homemaker year at this meeting. Costumes are not required, but a friendly competition will take place for those who choose to wear their "Wizard of Oz" inspired attire!**

**Please RSVP by calling 859-792-3026 by  
Friday, September 20th.**







# August 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Dining with Diabetes</i> 5pm	2	3
4	5 <i>Senior Center</i> <i>Bingocize 10am</i>	6 <i>Lunch &amp; Learn</i> <i>12pm and 6pm</i>	7 <i>Senior Center</i> <i>Bingocize 10am</i>	8	9	10
11	12 <i>Senior Center</i> <i>Bingocize 10am</i> <i>FCS at the Farmer's</i> <i>Market 3pm-6pm</i>	13	14	15 <i>Dining with Diabetes</i> 5pm	16 <i>Garden Tour at Joan-</i> <i>na Kirby's 9am</i>	17
18	19	20 <i>Area Officer</i> <i>and Chairperson</i> <i>Training 10am-1pm</i> <i>Mercer County</i>	21	22 <i>Garden Club 4pm</i>	23	24
25	26 <i>Homemaker Council</i> 6pm	27 <i>Laugh and Learn</i> 10am	28	29 <i>Dining with Diabetes</i> 5pm	30	31