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Laurel County Extension

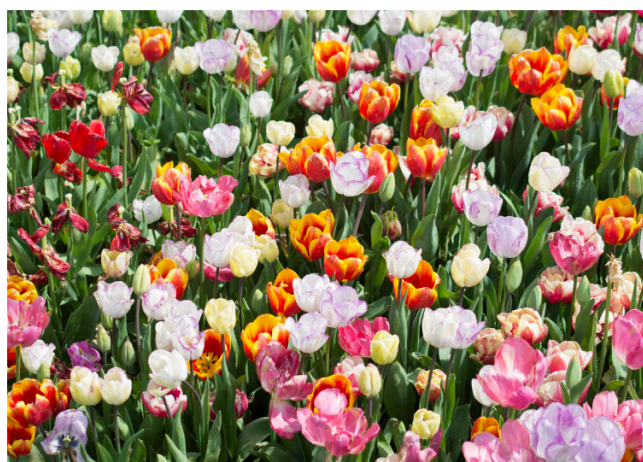
Family & Consumer Science

April 2024

Letter from Lora-

April is a beautiful month that marks the beginning of spring. With flowers blooming, birds chirping, and warmer weather, it's the perfect time to get outside and enjoy nature. Whether you prefer a leisurely stroll in the park or a more adventurous hike in the mountains, there's something for everyone to enjoy. April is also a great time to start planning your summer vacation or to tackle any spring cleaning tasks you've been putting off. So make the most of this lovely month and embrace all the joy and new beginnings that come with it!

Lora Davidson
Lora Davidson
Laurel County Extension Agent
For Family & Consumer Sciences



Wisely use your tax refund

Using your tax refund wisely can improve your financial standing. You can consider adding to your emergency savings account, paying off high-interest debt, making an extra mortgage payment towards the principal, starting or adding to a college or retirement savings account, making wise purchases that add to the resale value of your home or vehicle, or investing in learning new skills or hobbies. Contact the Laurel County Extension office for more information on family financial education.

**Family & Consumer
Sciences**

We aim to improve the quality of individual and family life through education, research, and outreach.

APRIL

CLASS EVENTS

Classes
opened
March 1st

AN EQUAL OPPORTUNITY ORGANIZATION

DIY Series

April Session: Home Fragrance

LAUREL.CA.UKY.EDU

WHY ATTEND?

- **SKILL DEVELOPMENT:** ATTENDING A DIY CLASS SERIES ALLOWS YOU TO DEVELOP PRACTICAL SKILLS IN VARIOUS DO-IT-YOURSELF TASKS, EMPOWERING YOU TO HANDLE A RANGE OF PROJECTS ON YOUR OWN.
- **COST SAVINGS:** LEARNING HOW TO TACKLE DIY TASKS CAN SAVE YOU MONEY BY ELIMINATING THE NEED TO MAKE PURCHASES OR HIRE PROFESSIONALS FOR SIMPLE REPAIRS OR PROJECTS AROUND YOUR HOME.

MATERIALS PROVIDED FOR ALL REGISTERED ATTENDEES

DETAILS?

**APRIL 2ND
1PM -OR- 6PM
COST: FREE**

REGISTRATION IS REQUIRED

CALL TO FIND OUT MORE



(606)864-4167

AN EQUAL OPPORTUNITY ORGANIZATION



UK Cooperative
Extension Service

Homebased Microprocessor Workshop

LAUREL.CA.UKY.EDU

WHY ATTEND?

- **WHY DO I NEED THIS CLASS?** HOMEBASED MICROPROCESSORS ARE ALLOWED TO MAKE HIGHER RISK PRODUCTS SUCH AS CANNED TOMATOES, PICKLED FRUITS AND VEGETABLES, SALSA, BARBECUE SAUCE, PEPPER OR HERB JELLIES, VINEGARS, LOW OR NO SUGAR JAMS AND JELLIES, AND PRESSURE CANNED VEGETABLES.
- **CERTIFICATION PROCESS:** HOME ATTEND THIS WORKSHOP, SUBMIT YOUR RECIPES FOR ALL PRODUCTS FOR APPROVAL, AND SUBMISSION OF HBM CERTIFICATION TO DEPARTMENT FOR PUBLIC HEALTH FOOD SAFETY BRANCH.

DETAILS?

**APRIL 4TH
9:30AM TO 2:30PM
COST: \$50**

REGISTRATION IS REQUIRED

CALL TO FIND OUT MORE



(606)864-4167

AN EQUAL OPPORTUNITY ORGANIZATION



Sourdough Starters

LAUREL.CA.UKY.EDU

WHY ATTEND?

- **LEARN THE FUNDAMENTALS** THIS CAN BE AN OVERWHELMING PROCESS TO GET STARTED, SO JOIN US TO LEARN ABOUT THE FUNDAMENTALS OF SOURDOUGH STARTER CREATION AND MAINTENANCE.
- **HANDS-ON EXPERIENCE:** PRACTICAL DEMONSTRATIONS AND HANDS-ON ACTIVITIES ALLOW YOU TO EXPERIENCE THE PROCESS FIRSTHAND, MAKING IT EASIER TO REPLICATE AT HOME.
- **UNDERSTANDING THE SCIENCE:** HANDS-ON EXPERIENCE: PRACTICAL DEMONSTRATIONS AND HANDS-ON ACTIVITIES ALLOW YOU TO EXPERIENCE THE PROCESS FIRSTHAND, MAKING IT EASIER TO REPLICATE AT HOME.

DETAILS?

APRIL 9TH

6PM

COST: \$5

REGISTRATION IS REQUIRED



CALL TO FIND OUT MORE
(606)864-4167

AN EQUAL OPPORTUNITY ORGANIZATION



UK Cooperative Extension Service

Made by YOU

LAUREL.CA.UKY.EDU

WHY ATTEND?

- WE HAVE SPACE FOR YOU TO SPREAD OUT AND WORK ON YOUR EXISTING PROJECTS
- GET HELP WITH ANY QUESTIONS THAT HAVE YOU STUMPED!
- SEWERS, KNITTERS, CRAFTERS OF ALL KINDS WELCOME!

DETAILS?

APRIL 10TH

10AM TO 4:30PM & 5:30PM TO 8PM

COST: FREE

REGISTRATION IS REQUIRED



CALL TO FIND OUT MORE
(606)864-4167

AN EQUAL OPPORTUNITY ORGANIZATION



Embroidery Series

Clothing Embellishments

LAUREL.CA.UKY.EDU

WHY ATTEND?

- **SKILL DEVELOPMENT** LEARN VARIOUS EMBROIDERY TECHNIQUES, STITCHES, AND PATTERNS, ENHANCING YOUR EMBROIDERY SKILLS AND EXPANDING YOUR REPERTOIRE.
- **PERSONALIZATION** GAIN THE ABILITY TO PERSONALIZE YOUR CLOTHING WITH UNIQUE DESIGNS, MONOGRAMS, OR EMBELLISHMENTS, ADDING A PERSONAL TOUCH TO YOUR WARDROBE.

DETAILS?

APRIL 15TH, MAY 13TH, AND JUNE 17TH

4PM TO 7PM

COST: \$50

REGISTRATION IS REQUIRED



CALL TO FIND OUT MORE
(606)864-4167

AN EQUAL OPPORTUNITY ORGANIZATION



 Cooperative Extension Service

Wanderlust Recipes

April Focus: German

LAUREL.CA.UKY.EDU

WHY ATTEND?

- **CULTURAL EXPLORATION** LEARN ABOUT DIFFERENT CULTURES THROUGH THEIR CUISINES, GAINING INSIGHT INTO THE HISTORY, TRADITIONS, AND CUSTOMS OF VARIOUS COUNTRIES.
- **DIVERSE CULINARY TECHNIQUES** EXPLORE A WIDE RANGE OF COOKING TECHNIQUES, INGREDIENTS, AND FLAVORS USED IN INTERNATIONAL CUISINES, EXPANDING YOUR CULINARY SKILLS AND KNOWLEDGE.

DETAILS?

APRIL 16TH

1PM -OR- 6PM

COST: FREE!

REGISTRATION IS REQUIRED



CALL TO FIND OUT MORE
(606)864-4167

AN EQUAL OPPORTUNITY ORGANIZATION



Crafting Calm

LAUREL.CA.UKY.EDU/JQS

WHY ATTEND?

- STEP INTO A WORLD OF TRANQUILITY WITH "CRAFTING CALM," A STRESS RELIEF WORKSHOP DESIGNED TO GUIDE YOU THROUGH THE THERAPEUTIC ART OF CRAFTING.
- UNWIND AND EXPLORE VARIOUS CREATIVE TECHNIQUES THAT NOT ONLY ENHANCE YOUR ARTISTIC SKILLS BUT ALSO PROVIDE A SOOTHING ESCAPE FROM THE DEMANDS OF EVERYDAY LIFE.
- ALL MATERIALS PROVIDED WITH CLASS FEE

DETAILS?

APRIL 25TH

6PM

COST: \$5

REGISTRATION IS REQUIRED

CALL TO FIND OUT MORE



(606)864-4167

AN EQUAL OPPORTUNITY ORGANIZATION



UK Cooperative
Extension Service

Sourdough Breads

LAUREL.CA.UKY.EDU

WHY ATTEND?

- **LEARN THE FUNDAMENTALS** THIS CAN BE AN OVERWHELMING PROCESS TO GET STARTED, SO JOIN US TO LEARN ABOUT THE FUNDAMENTALS OF SOURDOUGH BREAD CREATION.
- **HANDS-ON EXPERIENCE:** PRACTICAL DEMONSTRATIONS AND HANDS-ON ACTIVITIES ALLOW YOU TO EXPERIENCE THE PROCESS FIRSTHAND, MAKING IT EASIER TO REPLICATE AT HOME.
- **UNDERSTANDING THE SCIENCE:** HANDS-ON EXPERIENCE, PRACTICAL DEMONSTRATIONS AND HANDS-ON ACTIVITIES ALLOW YOU TO EXPERIENCE THE PROCESS FIRSTHAND, MAKING IT EASIER TO REPLICATE AT HOME.

DETAILS?

APRIL 30TH

6PM

COST: FREE

REGISTRATION IS REQUIRED

CALL TO FIND OUT MORE



(606)864-4167

AN EQUAL OPPORTUNITY ORGANIZATION



[CLICK HERE to register!](#)

[CLICK HERE to check out the Laurel County Extension's Website](#)

open on
April 1st

MAY

SNEAK
PEEK

AN EQUAL OPPORTUNITY ORGANIZATION

Walking Wednesdays

LAUREL.CA.UKY.EDU

WHY ATTEND?

- **IMPROVE PHYSICAL HEALTH:** WALKING IS A LOW-IMPACT EXERCISE THAT CAN ENHANCE CARDIOVASCULAR HEALTH, STRENGTHEN MUSCLES, AND IMPROVE OVERALL FITNESS.
- **MENTAL WELL-BEING:** WALKING CAN REDUCE STRESS, ANXIETY, AND DEPRESSION WHILE BOOSTING MOOD AND PROMOTING RELAXATION.
- **FLEXIBILITY:** PARTICIPANTS HAVE THE FREEDOM TO CHOOSE THEIR WALKING TIMES, FITTING THE PROGRAM INTO THEIR SCHEDULE WITHOUT DISRUPTING OTHER COMMITMENTS.

DETAILS?

EACH WEDNESDAY IN MAY & JUNE

COST: FREE

REGISTRATION IS REQUESTED



CALL TO FIND OUT MORE
(606)864-4167

AN EQUAL OPPORTUNITY ORGANIZATION



UK Cooperative Extension Service

Wanderlust Recipes

May Focus: Mexico

LAUREL.CA.UKY.EDU

WHY ATTEND?

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- **DIVERSE CULINARY TECHNIQUES** EXPLORE A WIDE RANGE OF COOKING TECHNIQUES, INGREDIENTS, AND FLAVORS USED IN INTERNATIONAL CUISINES, EXPANDING YOUR CULINARY SKILLS AND KNOWLEDGE.

DETAILS?

MAY 2ND (THURS)

1PM -OR- 6PM

COST: FREE!

REGISTRATION IS REQUIRED



CALL TO FIND OUT MORE
(606)864-4167

AN EQUAL OPPORTUNITY ORGANIZATION



DIY Series

May Session: Lotion Bars

LAUREL.CA.UKY.EDU

WHY ATTEND?

- **SKILL DEVELOPMENT:** ATTENDING A DIY CLASS SERIES ALLOWS YOU TO DEVELOP PRACTICAL SKILLS IN VARIOUS DO-IT-YOURSELF TASKS, EMPOWERING YOU TO HANDLE A RANGE OF PROJECTS ON YOUR OWN.
- **COST SAVINGS:** LEARNING HOW TO TACKLE DIY TASKS CAN SAVE YOU MONEY BY ELIMINATING THE NEED TO MAKE PURCHASES OR HIRE PROFESSIONALS FOR SIMPLE REPAIRS OR PROJECTS AROUND YOUR HOME.

DETAILS?

MAY 7TH (TUES)

1PM -OR- 6PM

COST: FREE

REGISTRATION IS REQUIRED

CALL TO FIND OUT MORE



(606)864-4167

AN EQUAL OPPORTUNITY ORGANIZATION



UK Cooperative
Extension Service

Made by YOU

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WHY ATTEND?

- WE HAVE SPACE FOR YOU TO SPREAD OUT AND WORK ON YOUR EXISTING PROJECTS
- GET HELP WITH ANY QUESTIONS THAT HAVE YOU STUMPED!
- SEWERS, KNITTERS, CRAFTERS OF ALL KINDS WELCOME!

DETAILS?

MAY 8TH (WED)

10AM TO 4:30PM

COST: FREE

REGISTRATION IS REQUIRED



CALL TO FIND OUT MORE

(606)864-4167

AN EQUAL OPPORTUNITY ORGANIZATION



Embroidery Series

Clothing Embellishments

LAUREL.CA.UKY.EDU

WHY ATTEND?

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- **PERSONALIZATION** GAIN THE ABILITY TO PERSONALIZE YOUR CLOTHING WITH UNIQUE DESIGNS, MONOGRAMS, OR EMBELLISHMENTS, ADDING A PERSONAL TOUCH TO YOUR WARDROBE.

DETAILS?

APRIL 15TH, MAY 13TH, AND JUNE 17TH

4PM TO 7PM

COST: \$50

REGISTRATION IS REQUIRED



CALL TO FIND OUT MORE
(606)864-4167

AN EQUAL OPPORTUNITY ORGANIZATION



 Cooperative
Extension Service

Freezer Meals

LAUREL.CA.UKY.EDU

WHY ATTEND?

- **TIME-SAVING:** PREPARE MEALS IN ADVANCE AND FREEZE THEM FOR BUSY DAYS, REDUCING TIME SPENT ON COOKING DURING THE WEEK.
- **BUDGET-FRIENDLY:** BULK COOKING AND FREEZING MEALS CAN HELP SAVE MONEY BY BUYING INGREDIENTS IN LARGER QUANTITIES AND REDUCING FOOD WASTE.
- **CONVENIENCE:** HAVE READY-MADE MEALS ON HAND FOR QUICK AND EASY DINNERS, ESPECIALLY USEFUL FOR BUSY INDIVIDUALS, FAMILIES, OR THOSE WITH HECTIC SCHEDULES.

DETAILS?

MAY 14TH, 21ST, AND 28TH

1PM - OR - 6PM

COST: FREE

REGISTRATION IS REQUIRED

 CALL TO FIND OUT MORE
(606)864-4167

AN EQUAL OPPORTUNITY ORGANIZATION



Crafting Calm

LAUREL.CA.UKY.EDU/JQS

WHY ATTEND?

- STEP INTO A WORLD OF TRANQUILITY WITH "CRAFTING CALM," A STRESS RELIEF WORKSHOP DESIGNED TO GUIDE YOU THROUGH THE THERAPEUTIC ART OF CRAFTING.
- UNWIND AND EXPLORE VARIOUS CREATIVE TECHNIQUES THAT NOT ONLY ENHANCE YOUR ARTISTIC SKILLS BUT ALSO PROVIDE A SOOTHING ESCAPE FROM THE DEMANDS OF EVERYDAY LIFE.
- ALL MATERIALS PROVIDED WITH CLASS FEE

DETAILS?

MAY 16TH (THURS)

6PM

COST: \$10 (\$5 FOR HOMEMAKERS!)

REGISTRATION IS REQUIRED

CALL TO FIND OUT MORE



(606)864-4167

AN EQUAL OPPORTUNITY ORGANIZATION



UK Cooperative Extension Service

Cook Wild: Fish

LAUREL.CA.UKY.EDU

WHY ATTEND?

- **ADVENTURE AND EXPLORATION:** PARTICIPATING IN A PROGRAM FOCUSED ON WILD-CAUGHT MEATS OFFERS THE OPPORTUNITY TO DISCOVER NEW FLAVORS AND MEALS.
- **NUTRITIONAL BENEFITS:** WILD-CAUGHT MEATS ARE TYPICALLY LEANER AND MAY CONTAIN HIGHER LEVELS OF BENEFICIAL NUTRIENTS SUCH AS OMEGA-3 FATTY ACIDS.
- **PRACTICAL LEARNING:** ENGAGE IN DISCUSSIONS AND DEMONSTRATIONS TO DEVELOP ESSENTIAL SKILLS SUCH AS BUTCHERING, FILLETING, AND PREPARING WILD-CAUGHT MEATS.

DETAILS?

MAY 23RD (THURS)

6PM

COST: FREE

REGISTRATION IS REQUIRED

CALL TO FIND OUT MORE



(606)864-4167

AN EQUAL OPPORTUNITY ORGANIZATION



 Cooperative
Extension Service

Storybook Walk

LAUREL.CA.UKY.EDU

WHY ATTEND?

- **LITERARY ENGAGEMENT:** ENCOURAGES READING AND LITERACY IN A UNIQUE AND INTERACTIVE WAY, ESPECIALLY FOR YOUNGER CHILDREN.
- **FAMILY BONDING:** IT'S A GREAT WAY FOR FAMILIES TO SPEND QUALITY TIME TOGETHER, WALKING AND READING STORIES.
- **PHYSICAL ACTIVITY:** WALKING IS A LOW-IMPACT EXERCISE THAT PROMOTES PHYSICAL WELL-BEING, AND COMBINING IT WITH READING ADDS A FUN AND EDUCATIONAL ASPECT.
- **COMMUNITY INVOLVEMENT:** PARTICIPATING IN OUR STORYBOOK WALK FOSTERS A SENSE OF COMMUNITY AS PEOPLE COME TOGETHER TO ENJOY A SHARED EXPERIENCE. DON'T FORGET ALL OF THE RESOURCES AND GOODIES THAT OUR COMMUNITY PARTNERS WILL BE PROVIDING!

DETAILS?

MAY 31ST

11AM TO 2PM

COST: FREE!

CALL TO FIND OUT MORE



(606)864-4167

AN EQUAL OPPORTUNITY ORGANIZATION

FREE!

How
to Catch a
Dinosaur

First 100 kids get
a copy of the book!

[CLICK HERE to register!](#)

[CLICK HERE to check out the Laurel County Extension's Website](#)

[MoneyWise](#)

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MARCH 2024

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: ALLOWANCE: A LIFE SKILL BUILDER

Allowance plays a crucial role in shaping a child's development. It fosters important life skills, instills a sense of responsibility, and promotes financial literacy. Allowance can be a powerful tool for teaching important life lessons.

Allowance is money parents or caregivers give to their children on a regular basis to teach them money management skills. Giving children an allowance is a personal decision for each family that may depend on disposable income or household expectations. Some parents tie allowance to specific chores while others provide a fixed amount each week or month.

FINANCIAL RESPONSIBILITY

One of the main benefits of giving children an allowance is to teach money management. When children receive a fixed amount of money regularly, it is easier to understand how to budget. They learn to save their money for various reasons, such as saving for a desired toy, spending on daily needs such as lunch, or giving to charitable causes. This early exposure to financial decision-making lays the foundation for responsible money management later in life.



WORK ETHIC

Allowance also teaches children the value of hard work. Many parents give allowance for the completion of chores. By associating money with effort, children develop a strong work ethic and understand that rewards are earned through dedication and responsibility. This connection between work and reward prepares children and teens for adulthood.

GOAL SETTING

Allowance is a practical tool for teaching children about goal setting. Whether it's saving for a new toy, a special event, or a long-term investment, children learn to set goals and work toward them. This is a valuable skill that goes beyond financial matters.

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.

ALLOWANCE ALSO PLAYS A ROLE IN NURTURING EMPATHY AND SOCIAL RESPONSIBILITY.



DECISION-MAKING

Receiving an allowance allows children to make choices about spending. “Do I buy what I can afford today, or do I wait and save more money for the nicer option?” This fosters critical thinking and decision-making skills. Children must evaluate their priorities, make trade-offs, and consider the consequences of their choices. Such decision-making experiences contribute to the ability to analyze and solve problems which are essential skills in life.

EMPATHY

Allowance also plays a role in nurturing empathy and social responsibility. Parents can encourage children to give some of their allowance to charitable causes or community projects. This practice can expand a child’s understanding of others’ needs and teaches them to give back. These early lessons in generosity and compassion create individuals who are mindful of the needs of others.

FINANCIAL LITERACY

As children grow, the lessons learned through allowance provide a foundation for understanding financial literacy concepts.

Understanding the basics of budgeting, saving, and making informed financial decisions is crucial in making wise decisions later. Individuals who have been exposed to these concepts through allowance are better equipped to manage money, avoid debt, and plan for their future.

The value of allowance extends far beyond the simple act of receiving money. It is a tool for building life skills, responsibility, and financial literacy. Allowance can contribute to the overall development of children, shaping them into more responsible, thoughtful, and money-wise individuals.

REFERENCES:

Greenspan, A. (2005). The importance of financial education today. *Social Education*, 69(2), 64-66.

Rossman, R. (2002). Involving children in household tasks: Is it worth the effort? University of Minnesota.

Trautner, T. (2017). The benefits of chores for your child. Michigan State University Extension.

Written by: David Weisenhorn, Ph.D.; Specialist for Parenting and Child Development

Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu



Become a fan of **MONEYWISE** on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)

What are you cooking this month?

Amazing Pancakes

Servings: 6 Serving Size: 2 pancakes Recipe Cost: \$3.45 Cost per Serving: \$0.58

**Ingredients:**

- 1 cup self-rising flour
- ½ cup whole-wheat flour
- 2 tablespoons sugar
- 1 teaspoon cinnamon
- ¼ cup chopped nuts (optional)
- 1 cup sweet potatoes, cooked and mashed
- 3 eggs, beaten
- 1 cup fat-free milk
- 2 tablespoons olive oil
- 1 tablespoon vanilla
- Cooking spray

Directions:

1. In a medium bowl, combine flours, sugar and cinnamon. Add ¼ cup nuts, optional.
2. In a separate medium bowl, mix sweet potatoes, eggs, milk, oil and vanilla.
3. Pour liquid mixture into the flour mixture and stir until the dry ingredients become wet. Be careful not to over stir.
4. Preheat a griddle or skillet over medium high heat. Spray with cooking spray. Drop batter mixture onto the prepared griddle by heaping tablespoon. Cook until golden brown, turning once with a spatula when the surface begins to bubble. Continue cooking until the other side is golden brown. Repeat process, making 12 pancakes.

Source: Brooke Jenkins-Howard, Curriculum Coordinator for Kentucky Nutrition Education Program, University of Kentucky Cooperative Extension Service

Nutrition facts per serving: 260 calories; 8g total fat; 1.5g saturated fat; 0g trans fat; 95mg cholesterol; 320mg sodium; 39g total carbohydrate; 3g fiber; 10g sugar; 4g added sugar; 9g protein; 170% Daily Value of vitamin A; 10% Daily Value of vitamin C; 15% Daily Value of calcium; 10% Daily Value of iron. 4% Daily Value of potassium.

*Nutrition facts do not include nuts

[Interested in being a Homemaker?](#)



Laurel County
HOMEMAKERS

LAUREL COUNTY
COOPERATIVE
EXTENSION

Why become a Homemaker?

Gain access to all Homemaker clubs at the Laurel County Extension Office.

Be welcomed into any of our many available clubs to learn skill development, gain support, and have fun along the way!

Don't see a club that interests you? Let us know and we can help you start one!

Leadership Opportunities

The leadership opportunities within Homemakers are endless from the club level all the way to state level! If you want to make a difference in our community, look no further.

New Homemakers receive a Laurel County Homemaker cookbook for FREE!

Normally a \$10 value!

Homemaker Discount

Laurel County Homemakers receive discounts for some programs offered at the Laurel County Extension Office!

Sometimes this means you get a discount, while other times you get a paid class for completely free!

Homemaker Newsletter

You may already receive our FCS newsletter each month but after you sign up to be a Homemaker you will start receiving an expanded version that has much more information including a monthly educational lesson!

Homemaker Events

You will be able to join in the fun of all Homemaker events here in Laurel county such as our annual meeting, fundraising efforts, Ice Cream Socials, and more!

CONTACT OUR OFFICE FOR MORE DETAILS:

☎ 606-864-4167 ✉ TINA.HEFNER@UKY.EDU OR ROBIN.DAVIS@UKY.EDU



Clubs HOMEMAKER

LAUREL COUNTY
COOPERATIVE
EXTENSION

\$10 ANNUAL DUES

**SOME CLUBS MAY HAVE SMALL
ADDITIONAL FEE FOR CLUB
ACTIVITIES*

Mailbox Membership

Allows members-at-large to enjoy the privileges of regular Extension Homemaker Club membership though they are not ready to commit to attend a regularly-scheduled club meeting.

Traditional Clubs

Grouped by location and focus on homemaking skills, personal growth, socialization, volunteer efforts and improving the community.

Specialty Clubs

Focused on learning, developing, and preserving a specific skill/interest/activity. There is a deliberate focus on sharing member's skills with others to strengthen the community.

Felts

- Meets monthly on 2nd Monday at 12pm
- Meets at member homes

Macedonia

- Meets monthly on 2nd Monday at 6pm
- Meets at Laurel County Extension Office

Rough Creek

- Meets monthly on 2nd Wednesday at 12pm
- Meets at member homes

Sublimity

- Meets monthly on 2nd Monday at 11am
- Meeting places announced monthly

Busy Needles

- Specialty club focused on sewing and skills.
- Meets monthly on the 3rd Sunday at 2pm
- Meets at Laurel County Extension Office

Laurel Silver Threads Quilters

- Specialty club focused on sewing and skills.
- Meets monthly on the 2nd Monday at 10am
- Meets at Laurel County Extension Office

Mountain Laurel Quilters

- Specialty club focused on sewing and skills.
- Meet monthly on the 1st Saturday at 10am
- Meets at Laurel County Extension Office

Yarn Spinners

- Specialty club focused on crochet, knit, and all things yarn related.
- Meet monthly on 3rd Monday at 6pm
- Meets at Laurel County Extension Office

Aces

- Specialty club focused on card games and other mind strengthening activities.
- Meets monthly on 2nd Tuesday at 3pm
- Meets at Laurel County Extension Office

CONTACT OUR OFFICE FOR MORE DETAILS:

☎ 606-864-4167

✉ TINA.HEFNER@UKY.EDU OR ROBIN.DAVIS@UKY.EDU

Cooperative Extension Service

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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.

Have

Feel free to reach out to
us at any time with your

L o r a D a v i d s o n
F C S A g e n t

(6 0 6) 8 6 4 - 4 1 6 7
l o r a . d a v i d s o n @ u k y . e d u



R o b i n D a v i s
F C S P r o g r a m
A s s i s t a n t

(6 0 6) 8 6 4 - 4 1 6 7
r o b i n . d a v i s @ u k y . e d u



T i n a H e f n e r
F C S S t a f f
A s s i s t a n t

(6 0 6) 8 6 4 - 4 1 6 7
t i n a . h e f n e r @ u k y . e d u





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