



Laurel County Extension Homemakers

"We are so much more than you think!"

ANNOUNCEMENTS

Club leaders who attended the leadership training were provided with enrollment forms and handbooks for their members. Club leaders should gather dues and turn them into the office by **October 18th**. Homemaker dues have increased to \$10 this year and checks should be made payable to Laurel County Extension Homemakers. Mailbox members will be receiving letters in the next few days with their enrollment forms.

Month		October		Year		2022	
Mon	Tue	Wed	Thu	Fri	Sat	Sun	
						1	★
2	3	4	5	6	7	8	
		★	★	★	★		
9	10	11	12	13	14	15	
	★	★		★		★	
16	17	18	19	20	21	22	
★		★		★			
23	24	25	26	27	28	29	
		★		★			

Classes:

- 4th Making Your Money Work Zoom @ 6pm
- 5th Made by You @ 10am-2pm
- 6th Apple Butter and Biscuits @6pm
- 11th Sourdough Starters @6pm
- 13th Caramel Apples @6pm
- 13th Cook Together, Eat Together Zoom @6pm
- 18th Holiday Ideas @10am and 6pm
- 20th Cook Together, Eat Together Zoom @6pm
- 25th Laugh & Learn @11am
- 25th Cook Together, Eat Together Zoom @6pm
- 27th Craft n' Creations: Cork Leaf Trivets @6pm

Homemaker Events:

- 1st Mountain Laurel Quilters @ 10am
- 7th Macedonia Club Meeting @6pm
- 10th Laurel Silver Thread Quilters @9am
- 10th Felts Meeting @ 12pm (noon)
- 10th Sublimity Meeting @ 11am
- 12th Rough Creek Meeting @12pm (noon)
- 15th WTA Extension Homemaker Annual Meeting
- 16th Busy Needles @ 2pm

CELEBRATE OUR OCTOBER BIRTHDAYS!

3rd Norma Sizemore (Mountain Laurel Quilters)	11th Jennifer Rudder (Mountain Laurel Quilters)
4th Cheryl Sorensen (Mountain Laurel Quilters)	13th Greg Dawson (Mountain Laurel Quilters)
4th Jeannie Turner (Laurel Silver Threads)	16th Judy Mobley (Laurel Silver Threads)
4th Janet Elliott (Mountain Laurel Quilters)	22nd Sandy Wilson (Mountain Laurel Quilters)
9th Anne Thompson (Mailbox)	22nd Mary Riley (Macedonia)
9th Lora Davidson (FCS Agent)	28th Donna Hale (Laurel Silver Threads)
9th Eileen Kopp (Mailbox)	29th Rosemary Davenport (Sublimity)
9th Charlotte Neely (Laurel Silver Threads)	31st Julia McGowan (Mountain Laurel Quilters)
10th Rhonda Simmerman (Mountain Laurel Quilters)	
10th Judy Vater (Mailbox)	

UPCOMING OFFICE CLOSURES

- November 24th - Thanksgiving Day
- November 25th - Day after Thanksgiving

You Are invited

**Tickets \$20
at your
County
Office**



“Wear your favorite apron”

Wilderness Trail Area Extension Homemakers Annual Meeting

Rockcastle County Middle School
945 West Main Street Mount Vernon

October 15 9:30-10am Registration

Lunch catered by Marcella's Farm to Fork:
Turkey and Dressing, green beans, mashed potatoes and deerhunter's cake

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities accommodated with prior notification.



Laurel County Extension
Family & Consumer Sciences Education C.L.A.S.S.

Holiday Ideas 2022

- Sample recipes for your holiday meals
- Examine holiday spending & budgets
- Explore holiday crafts
- Create your own ornament

Tuesday, Oct 18th

10am-12pm and 6pm-8pm

Cost: \$0

Register online at [HTTPS://BIT.LY/LCESCLASS](https://bit.ly/lcesclass)
or call (606)864-4167

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

Wilderness Trail Area Holiday Cooking School

Homemade for the Holidays

Featured Cookbook: *Homemade with Love*
(Bell County Extension Homemakers)

Date: November 10, 2022

Where: Optimist Club London, KY

Time: 5:00 pm

Tickets: \$25 includes admission and a copy of
the featured cookbook.

Contact your local Cooperative Office to purchase
tickets and get your cookbook! Tickets will not be
sold at the door and are extremely limited.

Local Cooperative Extension Office Directory:

Bell County:	337-2376
Knox County:	546-3447
Clay County:	598-2789
Laurel County:	864-4167
Harlan County:	573-4464
Rockcastle County:	256-2403
Jackson County:	287-7693
Whitley County:	549-1430

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

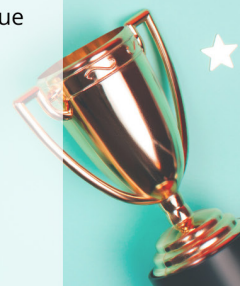
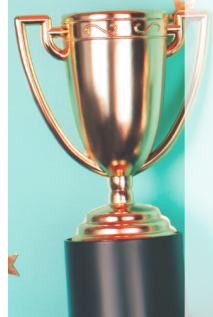
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



ATTENTION ALL BLUE RIBBON WINNERS!!

Area competition to be held on 10/15/2022 during the Wilderness Trail Area Meeting in Rockcastle.
**If you are sending your item to the area level, drop-off at the office is required by 10/13/2022!!

- Art, Natural/Wood - Pat Gray, Macedonia, Blue
- Basketry, Cane - Myra Raiche, Mailbox, Blue
- Basketry, Dyed Material - Myra Raiche, Mailbox, Blue
- Basketry, Miniature - Myra Raiche, Mailbox, Blue
- Basketry, Novelty - Myra Raiche, Mailbox, Blue
- Crochet, Accessories - Pat Gray, Macedonia, Blue
- Crochet, Fashion - Pat Gray, Macedonia, Blue
- Crochet, Home Decor & Afghans - Pat Gray, Macedonia, Blue
- Doll/Toy Making, Cloth - Pat Gray, Macedonia, Blue
- Doll/Toy Making, Handmade other than Porcelain/China or Cloth - Pat Gray, Macedonia, Blue
- Embroidery, Basic Embroidery - Sheryl Bowling, Silver Thread Quilters, Blue
- Holiday Decorations, Spring - Pat Gray, Macedonia, Blue
- Holiday Decorations, Summer - Pat Gray, Macedonia, Blue
- Needlepoint, Plastic - Naomi Conaway, Sublimity Blue
- Painting/Art, Acrylic - Faye Miracle, Macedonia, Blue
- Painting/Decorative, Wood - Pat Gray, Macedonia, Blue
- Painting/Decorative, Other - Faye Miracle, Macedonia, Blue
- Wall or Door Hanging, Other - Pauline Lewis, Blue
- Miscellaneous - Pauline Lewis, Sublimity, Blue



September C.L.A.S.S. Event Photos





October C.L.A.S.S. Event Sneak Peek

Register at 606-864-4167 or online at [HTTPS://BIT.LY/LCESCLASS](https://bit.ly/LCESCLASS)



Making Your Money Work October 4th, 2022 | via ZOOM | 6 PM—8 PM | \$0

This class will help you understand how you think about money management. We will discuss your own outlook on financial management and transition over to understanding the different types of expenses. If you are looking for a class to help you organize and focus your spending, this is the one for you!

Made by You October 5th, 2022 | 10 AM—2 PM | \$0

This is an open workshop day to work on your unfinished projects. Come join others who need a place to spread out, encouragement, or perhaps just a set aside time to work. Participants will bring their own personal projects, necessary tools and supplies. Help is available upon request if needed.

Fresh Apple Butter & Homemade Biscuits October 6th, 2022 | 6 PM—8 PM | \$5

Imagine waking up and starting your day with some warm biscuits and fresh apple butter...Can you say DELICIOUS? Join us as we dive into the ins-and-outs of taking apples and making your own apple butter to put on the homemade biscuits that we will make during the class.

Sourdough Starters October 11th | 6 PM—8 PM | \$0 ****EXTRA CLASS ADDED!****

During this class, we will be discussing the ins-and-outs of Sourdough including the science behind sourdough, how to make your own starter, how to feed your dough, and some delicious recipes!

Cook Together, Eat Together October 13th, 20th, 25th, and Nov. 1st | 6 PM—8 PM | \$0

We've all been there, struggling to figure out what to fix for your family's dinner or struggling to spend enough time with your family once everyone has made it home after their busy days. Join us for this fun cooking event where you won't even have to leave your home! At this fun cooking event you will cook with your kids, get tips that make cooking fast, fun and delicious, learn how to make healthy and affordable recipes, receive recipes to make vegetables "taste as good as a French fry", get special tips on family meals, leftovers and "less mess" cooking, share shopping tips for buying healthy food on a budget, and get the scoop on shopping at farmers markets!

Caramel Apples October 13th | 6 PM—8 PM | \$0

Learn how to create the most beautiful and delicious gourmet caramel apples you've ever had in your life- with no fancy cooking skills or tools involved!

Laugh & Learn October 25th, 2022 | 11 AM—12 PM | \$0

We will be offering a FREE one-hour Laugh and Learn Playdate every month for you and your child(ren) to engage in playful activities that are designed to prepare them for kindergarten. Adults and children will hear stories, sing songs, make crafts, play games, and enjoy a healthy snack during every playdate. Be sure to sign up and mark your calendars with the following dates so you and your child(ren) can together build the skills they will need to best prepare them for school.

Craft n' Creations: Cork Leaf Trivets October 27th, 2022 | 6 PM—8 PM | \$5

Join us each month on the third Thursday of each month (unless otherwise noted) for some crafting and creating! You will get the chance to slow down and have some fun while working on a stress-relieving craft project.



November C.L.A.S.S. Events

Register at 606-864-4167 or online at [HTTPS://BIT.LY/LCESCLASS](https://bit.ly/LCESCLASS)



Dining with Diabetes First Four Tuesdays in November | 10 AM—12 PM | \$0

Dining with Diabetes is a four part health and wellness program. Come learn strategies to lessen the health risks of diabetes, healthy techniques to use in your own kitchen, and discuss issues with a dietitian or certified diabetes educator. Lessons will be focused on living with diabetes, carbohydrates, fats & sodium and putting it all together. This class is scheduled for 11/1, 11/8, 11/15, and 11/22 and is a 4-part series with each class focusing on different topics.

Cook Together, Eat Together November 1st | 6 PM—8 PM | \$0

We've all been there, struggling to figure out what to fix for your family's dinner or struggling to spend enough time with your family once everyone has made it home after their busy days. Join us for this fun cooking event where you won't even have to leave your home! At this fun cooking event you will cook with your kids, get tips that make cooking fast, fun and delicious, learn how to make healthy and affordable recipes, receive recipes to make vegetables "taste as good as a French fry", get special tips on family meals, leftovers and "less mess" cooking, share shopping tips for buying healthy food on a budget, and get the scoop on shopping at farmers markets!

Basic Cake Decorating Nov 7th & 11th | 6 PM—8:30 PM | \$20

Join us for this scrumptious classes where we will cover basic cake decorating equipment, filling and icing a cake, icing borders, creating drop flowers and leaves, creating flowers such as roses, and basic figure piping. This class will also touch on royal icing. Registrants will need to pre-register for this class as your registration fee will cover a kit with all needed materials for both dates.

Stained Glass: Ornaments Nov 8th, 15th, and 17th | 6 PM—9 PM | \$75

During this three session class, students will learn how to create a 3-D angel and their choice of an angel or holly ornament. Class includes all materials and tools necessary to complete the project. Students must supply and wear closed toe shoes and safety glasses.

Laugh & Learn November 14th | 11 AM—12 PM | \$0

We will be offering a FREE one-hour Laugh and Learn Playdate every month for you and your child(ren) to engage in playful activities that are designed to prepare them for kindergarten. Adults and children will hear stories, sing songs, make crafts, play games, and enjoy a healthy snack during every playdate. Be sure to sign up and mark your calendars with the following dates so you and your child(ren) can together build the skills they will need to best prepare them for school.

Advanced Cake Decorating November 21st & 28th | 6 PM—8:30 PM | \$20

Join us for these follow-up classes to our Basic Cake Decorating classes. During these sessions we will review the basics, before introducing you to fondant, mint paste, marzipan, and more advanced figure piping. Registrants will need to pre-register for this class as your registration fee will cover materials for both classes.

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