Send check (made payable to NKY Area Homemakers) & this cut-off portion to Linda Padgett, 11307 Lakeview Dr, Union, KY 41091 by May 17, 2019. Questions? Call Linda 859-380-4321.

Name: ___________________________ Phone: ___________________________

Address: ____________________________________________________________

County of Membership: ___________________________ Cell Phone: ___________________________

(If parking at Florence overnight, add your license plate number for mail security)

Amount enclosed: ___________________________ License #: ___________________________

Roommates: ____________________________________________________________

Emergency Contact: ___________________________ Cell Phone: ___________________________

(Must Have!)

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**Homemaker Newsletter**

May 2019 - Pendleton County

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**Extension Boot Camp**

Get Fit for Spring!

Join us as we learn about the benefits of different types of exercise and as we welcome in Spring using our fitness equipment on our walking trail. We will look at Pilates, Yoga, Tabata, Strength, Cardio and Core exercise options. Each class will focus on a different type of exercise.

All Classes will start at 6:30 PM at the Pendleton County Extension Office.

Dates for classes:
April 3, April 17, May 1 and May 21

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**A Mother’s Day Murder Mystery Picnic Dinner**

Come on out to a fun murder mystery production by Kincard Regional Theatre and a picnic-style dinner of BBQ pork and chicken with all the fixin’s.

Tickets are $30. To purchase your tickets, stop by the Pendleton Extension Office (check or exact change, please).

Reservations must be made by Wednesday, May 2.

All proceeds go to Kincard Regional Theatre.

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**Inside this issue:**

Extension Happenings..............2
Quilt Club.............................3
Sewing Club...........................3
State Meeting/Service Project...3
Mother’s Day Murder Mystery...4
County Information...............4
Program Flyers...................5-7
Busy Days and lots of opportunities to volunteer. Thank you to those who volunteered for our Truth and Consequence program at the Middle School.

Thank You to all who helped make our first early childhood carnival a great day for youth in our county!

Northern Kentucky Area Homemakers

Touring Pennsylvania

June 24-28, 2019

**Monday, June 24**
- 8:15 AM—Meet at Florence Mall (by water tower)
- 8:30 AM—Bus Leaving—Be Prompt!
- Lunch in Wheeling
- Lancaster: Hampton Inn & Suites Mt. Joy
- Dinner (on your own)

**Tuesday, June 25**
- 7:00 AM—Breakfast at Hotel
- 8:00 AM—Leave Hotel for downtown Lancaster
- Lunch (on your own)
- Touring Lancaster
- 5:00 PM—Dinner at Litzig Family Cupboard
- 7:00 PM—“Mamma Mia” at Fulton Theater
- Back to Hotel

**Wednesday, June 26**
- 8:30 AM—Leave Hotel
- Tour Hershey Chocolate World
- Trolley Ride to downtown Hershey
- We will be making our own Candy Bar!
- Lunch at Food Court (will have lunch vouchers)
- Dinner (on your own)—many restaurants—American, Italian & grills

**Thursday, June 27**
- 7:30 AM—Breakfast at Hotel
- 8:30 AM—Leave for Gettysburg
- 10:30 AM—Touring Battlefield
- Lunch (on your own)
- Touring downtown Gettysburg
- Dinner at Farnsworth Restaurant
- Stay at Quality Inn, Gettysburg Battlefield

**Friday, June 28**
- 7:30 AM—Breakfast at Hotel
- 8:00 AM—Leaving for Shanksville
- Touring Memorial
- Lunch (on your own)
- Leave for Home—Florence
- Dinner (on your own)
- 8:00 PM—Arrive at Florence Mall

We will be touring Lancaster Amish, Hershey Chocolate World, Gettysburg Battlefield and Shanksville Memorial for 9-11.

Cost is based on # of people per room:
- $945/1 person;
- $575 each/2 people per room
- $480 each/3 people per room
- $455 each/4 people per room (list roommate and phone #)

Includes: 4 nights hotel, 3 dinners, 1 lunch, 5 tours, 1 play, bus and driver tip, refreshments on bus.

**First Come, First Served**
**GET IN EARLY! SPACE IS LIMITED TO 50**

**Reservations due by May 17, 2019**
**Things to Remember: 1 Suitcase Per Person**

Reservation Form on Back!!
Fitness Challenge Options

<table>
<thead>
<tr>
<th>On Your Own Event</th>
<th>Date/Time</th>
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<tbody>
<tr>
<td>Walks at Extension Office on fitness trail</td>
<td></td>
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<tr>
<td>Use of outdoor fitness equipment at Extension Office on fitness trail (4x)</td>
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<tr>
<td>Walks at Athletic Park</td>
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<tr>
<td>Walking the River Trail at Athlete Park</td>
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<tr>
<td>Hike Cedar Ridge Line Trail on Flour Creek Road</td>
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<tr>
<td>Walk at a local Cemetery</td>
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<tr>
<td>Hike at Kincard Lake State Park</td>
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<td>Play a round of golf (walking the course) at a Pendleton County golf course</td>
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<tr>
<td>Canoe or Kayak at Thaxton’s Canoes</td>
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<td>Play an outdoor game with family or friends</td>
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<td>Spend 30 minutes actively swimming</td>
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<td>Do outdoor yardwork or gardening (not on riding mower)</td>
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<tr>
<td>Go to gym or work on your own fitness equipment</td>
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<tr>
<td>Enjoy one complimentary visit to Tone &amp; Tan</td>
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<table>
<thead>
<tr>
<th>Extension Sponsored Events</th>
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<tbody>
<tr>
<td>Butler Block Party at the Community Center</td>
<td>June 2/2:00-5:00pm</td>
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<tr>
<td>Attend Body Balance Class at Pendleton Library</td>
<td>June 15/10:00 am</td>
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<tr>
<td>Veterans Park Service Project (Lunch provided)</td>
<td>June 15/noon</td>
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<tr>
<td>Attend Body Balance Class at Pendleton Library</td>
<td>June 22/10:00 am</td>
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<tr>
<td>Attend Body Balance Class at Pendleton Library</td>
<td>June 29/10:00 am</td>
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<tr>
<td>Attend Body Balance Class at Pendleton Library</td>
<td>July 6/10:00 am</td>
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<tr>
<td>Pendleton County Kickin Up Dust 4-H 5K</td>
<td>July 20/7:30 am</td>
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<tr>
<td>Fairground Service Project</td>
<td>TBD</td>
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<tr>
<td>Hike at (TBA) with Ag Agent</td>
<td>TBD</td>
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</table>

Quilt Club
After a year of designing and making medallion quilts, the quilt club is ready to learn a last border for quilts. We will learn to make a border that looks like a twisted ribbon. It seems complicated, but is actually easy. Please come join the fun. Can’t wait to see you. Mark your calendars for May 20 at 6:30.

Tip of the month: To make labeling quilts easy rather than a chore, precut quality muslin in 6” squares and press them on the diagonal. Open each one up to write or embroider on, using the pressed line for placement. Allow for seam allowances. Then refold each labeled square into a triangle, slip the raw edges into the quilt corner and stitch into your binding. Simply slip-stitch across the diagonal fold to secure it.

Sewing Club News:
Sewing club will meet at the Extension Office every Tuesday evening at 5:00PM. If no school, no class!

Embroidery Club News:
Embroidery club will meet on the fourth Tuesday at 10:00AM at the Extension Office. If no school, no class!

State Meeting Service Projects that you can help with. Please have any items you make into the office by Friday, May 10th
Knit or Crochet squares

Knit and Crochet Corner A new event at the State Meeting will be the “Knit and Crochet Corner (KC Corner).” Scheduled 10:00 a.m. to 5:00 p.m. on May 14 and 9:00 a.m. to 5:00 p.m. on May 15, KC Corner will be a place to relax and knit or crochet blocks while showcasing the kindness and caring everywhere in KEHA. We will also join the blocks together to create lap blankets that will be donated to Norton Children’s Hospital in Louisville on May 16. These blankets will be used to comfort patients with warm color and a kind, caring embrace. We invite interested members to bring 7” x 9” blocks that are crocheted or knit from acrylic yarn to the State Meeting. They can be in the form of blocks, strips, or completed lap blankets of any size. We will also welcome donations of any acrylic yarn. At the conference, look for KC Corner, a cozy area for you to knit or crochet blocks. Those who neither knit nor crochet can also join us to whip stitch the blocks together and create the lap blankets! Find out more about projects like this at Warm Up America! www.warmupamerica.org Questions? Contact Jennifer Williams at jennifer143@gmail.com or 859-445-8840.

Quilt Squares
The KEHA Quilt Square Showcase and Auction will continue for the seventh consecutive year at the KEHA State Meeting. Anyone wishing to participate should make a 12” finished square. (Finished means piece the square, put in the batting, put on backing and finish the edges just like you would a complete quilt. Finished applique squares are also eligible.) This special showcase is an opportunity to highlight quality work from KEHA members across the state. As you prepare your quilt square(s), consider designs that you would want to purchase. Bring the 12” finished square(s) to the KEHA State Meeting in Louisville. Please write your name and county on a small slip of paper and attach to the back of the square. If you are unable to attend the KEHA State Meeting, please feel free to send your square(s) with another KEHA member. If you have any questions, please feel free to contact Sharon Wood, KEHA 1st Vice President, gswood4@windstream.net or 270-789-1388.
Youth Fair Funnel Cake Schedule

<table>
<thead>
<tr>
<th>Day</th>
<th>Club</th>
<th>Time</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Mt Auburn</td>
<td>6-10</td>
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<tr>
<td>Tuesday</td>
<td>Mix Match</td>
<td>6-10</td>
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<tr>
<td>Wednesday</td>
<td>Four Oaks</td>
<td>6-10</td>
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<tr>
<td>Thursday</td>
<td>Town and Country</td>
<td>6-10</td>
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<tr>
<td>Friday</td>
<td>Mt Auburn (4 individuals)/Four Oaks (2 individuals)</td>
<td>6-10</td>
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<tr>
<td>Saturday</td>
<td>Mix Match/Town and Country</td>
<td>6-10</td>
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Pendleton County Extension Homemakers always welcomes new members. Members gain knowledge and skills that improve the quality of life for themselves and their families. Practical demonstrations and discussions are important parts of the meetings providing the latest research based information from the University of Kentucky. Mailbox memberships are also available.

The program is of interest to all income levels. Any full- or part-time homemaker, male or female, teenager or senior citizen and in-between, may belong. If you are interested in joining or starting a club in your community, please contact your University of Kentucky Extension Office at 654-3395.

You will not want to miss this evening of entertainment. The "Cafe Murderrrr" will leave you laughing and confused. The cost for this years Murder Mystery Dinner is $20 a person. A picnic lunch of pulled pork and chicken and all those picnic favorites will be served. Be sure to stop by the Extension Office and purchase your ticket. You MUST have a ticket to enter! Invite your friends and family to join you for a great evening presented by KRT and hosted by the Pendleton County Extension Office. More details on front page of this newsletter!