

Pendleton County Extension Homemaker

February 2023

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Enrollment forms need in quickly to join for 2023 Homemaker year!

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Do you love to read? In 2023 do you want to read more?

The Pendleton County Extension Office offers a monthly book club opportunity for all those who love to read. We meet virtually on the third Wednesday of each month. During the club meeting we pick the book as a group for the next read.

If you are interested in joining our book club reach, let us know. We have a closed Facebook group where we discuss books and future books we may wish to read.

For more information call the Pendleton County Extension Office at 859-654-3395. Let us help you read at least twelve new books this year.

Our group also will plan outings that go along with our books if available. In 2022 we went to a movie!

*"You're never alone when you're reading a book."
— Susan Wiggs*



Extension Agent for Family & Consumer Sciences-
Education, Pendleton County

Upcoming programs to watch for:

Hiking Club hold the Date: We will be starting a hiking club in 2023. We will hold an informational meeting on March 9th at 7 PM. More details will come on Facebook and in your next newsletter. If you like to hike we welcome you. This hiking club will be open to adults and youth over the age of nine. Details to come.



Freezer Meal Classes:

I am working on putting together a freezer meal class.

I will be offering this in a few different locations as well as virtually. If your church would be interested in hosting one of these classes, please reach out to me. This will not be a series, it will be a one time class to get you started on helping you make dinners easy.





CHRISTMAS LIGHT SOURCE

HOW IT WORKS

1. Box up your old, broken Christmas lights
2. Optional: Add your name and email inside the box to receive 10% off code for new lights!
3. Using the cheapest and slowest shipping method, mail to :



Christmas Light Source
Recycling Program
4313 Elmwood Drive
Benbrook, TX 76116

NEXT

@christmaslightsource then takes the lights, has them recycled, and uses the proceeds from the recycling to buy books, educational games, puzzles, and toys to donate to charities that benefit children all year long!



University of Kentucky
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ATTENTION: ALL PENDLETON COUNTY RESIDENTS



Friday, February 3 is National Wear Red Day

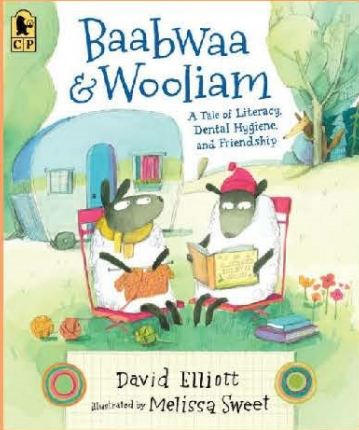
Join the healthcare professionals of HMH Primary Care Falmouth in their support of women's heart health by pulling out that red item (or two!) from your closet and wearing it all day.

Heart disease is the number one killer of women in Kentucky, so let's show our support.

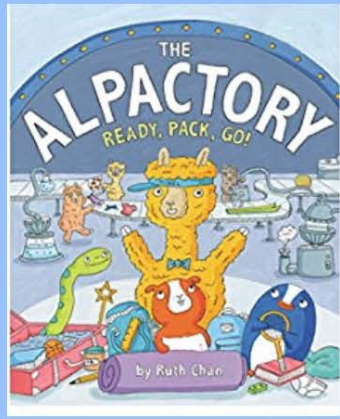
The first 100 people wearing red to stop by HMH Primary Care Falmouth will receive a FREE GIFT.



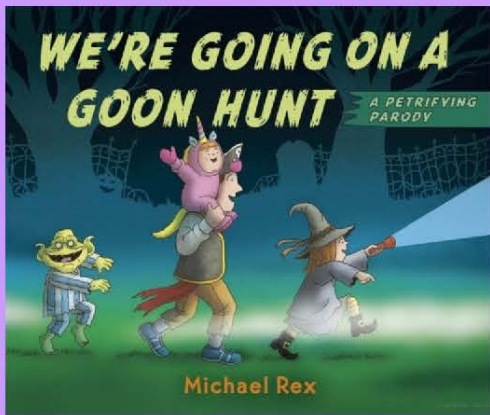
2023 Storywalk® Save the Dates!



Saturday, April 22
10 am - 12 pm
at Camp Northward



Saturday, July 22
10 am - 12 pm
at the Pendleton County Athletic Park

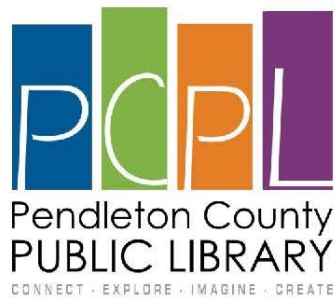


Saturday, October 21
10 am - 12 pm
at the Pendleton County Athletic Park



Saturday, December 2
10 am - 12 pm
at the Pendleton County Extension Office

2023 Storywalks® are presented by:



and Community Partners



Parenting a Second Time Around Conference

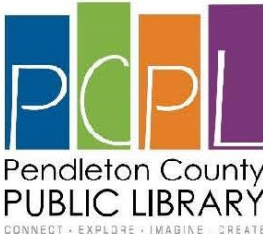
Pendleton County Extension Office
Saturday, March 25, 2023
9:00 am to Noon

This conference is designed for relative caregivers who are not the biological parents of the children in their care. The seminar will provide grandparents and other kinship caregivers with information, skills, and resources designed to enhance their ability to provide effective care for the young relatives they are parenting.

- Sessions include:
- Legal Issues
 - Mental Health
 - Community Resources

Breakfast will be provided by the Pendleton County Extension Office

This Event in Partnership:



VIRTUAL MACARON CLASS



*Guest instructor Chef Lori Himmelsbach
of The Kentucky Millstone*

- *Date: Tuesday, February 7th*
- *Time: 6:30PM*
- *Call the Pendleton County Extension Office to register
@ (859) 654-3395*



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LOGO CONTEST

Fort Harrod Area needs a logo design for KEHA State Meeting 2024! The theme is: "Blazing the way with KEHA"

ENTRY REQUIREMENTS:

- Must say "Blazing the way with KEHA"
- Must depict Old Fort Harrod in some manner.
- Can be color but must also look good in black and white.
- Open to everyone but must be a KY resident.
- Design cannot be larger than 8 1/2 x 11 inches.
- Electronic entries must be submitted in PDF format.
- Entries must be received or postmarked by March 14, 2023.

WINNER will receive half of the 2024 Early Bird State Meeting Registration Fee or \$75.00.

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March 2023

SUBMIT ENTRIES TO:

**MERCER COUNTY
EXTENSION OFFICE
1007 LEXINGTON ROAD
HARRODSBURG, KY, 40330
OR: TARA.DUTY@UKY.EDU**