

SEPTEMBER

25'

UK 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

Garrard County Family and Consumer Sciences Newsletter

Happy September!

"September days have the warmth of summer in their briefer hours, but in their lengthening evenings a prophetic breath of autumn."
- Rowland E. Robinson

Hopefully this newsletter finds you well! Please find all the upcoming activities below, especially the Area Annual Homemakers Meeting, which we are hosting here in Garrard County this year! The registration information is now available, and you won't want to miss out! I am still on maternity leave for a bit longer but will return later this month. If you have any questions about events, call our office. Also, feel free to reach out to surrounding counties for programming they have open or any FCS related questions while I am away! Looking forward to seeing all of you and diving back into some fun events this fall.



County Extension Agent for
Family and Consumer Sciences
kayla.lunsford@uky.edu



CHECK US OUT ON
SOCIAL MEDIA!



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

Cooperative
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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 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

September 2nd
12PM OR 6PM

Garrard County Extension
Office
1302 Stanford Road

Call the office at
859-792-3026, comment on
Facebook or email
garrard.ext@uky.edu to
register.



RECIPE OF THE
MONTH: GRITS,
GREENS AND
EGG BOWL



Join our very own Lisa Lamb, NEP Assistant, as we prepare and
taste this month's recipe from the 2025 Food and Nutrition
Calendar!

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Lexington, KY 40506



Garrard's Gardeners



Open to the public
Call for more info: 859-792-3026
Held each month at the Garrard Co.
Extension Office



Next meeting: September 18 at
4pm

Topic: Ponds and Water
Features with Eric Comley



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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!



THURSDAY MORNING "SEW"CIAL CLUB

THURSDAYS 9AM-12PM
GARRARD COUNTY EXTENSION OFFICE

OPEN TO ALL- COME HANG OUT, WORK ON UNFINISHED
PROJECTS, AND MAKE FRIENDS ALONG THE WAY!



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FRIENDLY FIBERS
GROUP MEET THE 4TH
MONDAY AT 1:30PM!
JOIN ANYTIME IF YOU
LIKE KNITTING,
CROCHET, OR OTHER
TYPES OF NEEDLEWORK!



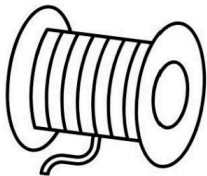
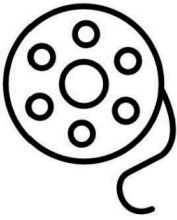


It's Sew Fine Sewing Seminar

September 4th and 5th 2025

Join us for classes on:

- Garment Construction
- Quilting
- Bags
- Home decor
- Accessories



Held at Boyle County Extension Office
99 Corporate Drive, Danville, KY



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4-H Youth Development

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Disabilities
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with prior notification.

For Questions, Contact :

Mercer County Extension Office
859-734-4378 or tara.duty@uky.edu

Cooperative
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Save the date



FORT HARROD AREA
2025 HERITAGE CRAFT CAMP
OCTOBER 24TH AND 25TH

Boyle County Extension Office
99 Corporate Dr, Danville, KY 40422



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FOR A HARD COPY OF THE CLASS LIST
AND REGISTRATION PACKET, STOP BY
THE GARRARD COUNTY EXTENSION
OFFICE.

Painting Class

SEPTEMBER 11TH
1-3 PM

GARRARD COUNTY EXTENSION OFFICE



COST: \$10

Join instructor Regina Rice for a beginner friendly painting class!

Call the office at 859-792-3026 or
email garrard.ext@uky.edu to sign up.

Cooperative Extension Service

Agriculture and Natural Resources
411 North Development
Community and Economic Development

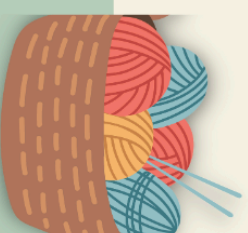
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Substantial programs of research, cooperative extension, and all people regardless of economic or social status are provided by the University of Kentucky. The College of Agriculture, Food and Environment is the primary provider of research, extension, and cooperative extension services. The College is also the primary provider of research, extension, and cooperative extension services. The College is also the primary provider of research, extension, and cooperative extension services.



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and your satisfaction
is our priority.

NEW!
KNITTING GROUP
MEET THE 1ST MONDAY
OF EVERY MONTH AT
6PM!
JOIN ANYTIME IF YOU
LIKE KNITTING!



Homemaker Happenings

Homemaker Leader Lesson Changes for 2025-2026

In order to make Homemaker Leader Lessons more engaging, we will be doing things a little old school and taking the lessons on the road! Each month, a different county in the Fort Harrod Area will host, and rides will be available for anyone who would like to go! These are free events open to the public. Just call the Garrard County Extension Office to RSVP if you'd like a ride. We recognize that schedules are busy, so if you cannot attend, pre-recorded videos will still be available to watch on the Fort Harrod YouTube page.

Time to pay Homemaker Dues

As the new homemaker year begins, don't forget to pay your \$10 dues and fill out the enrollment form below! Mail or drop by both the payment and form to the office. Checks should be made out to Garrard County Homemakers Association.

Upcoming Dates to Remember

Not Your Mama's Homemaker Club:
September 5st at 6pm, Extension Office

Go-Getter's Club:
Not meeting this month, resume in October

"Selecting Sheets" Leader Lesson:
September 23rd at 10am in Mercer Co.

Homemaker Council Meeting:
September 24th at 6pm

Area Annual Meeting: October 10th at 10am

Date: _____

Enrollment Form for

_____ County Extension Homemakers Association

Name _____

Address _____

Email _____

Name of Club _____

Phone: Home (____) _____ Work (____) _____

Cell (____) _____ Fax (____) _____

Birth year (*Optional*): _____

Race (*Optional – circle one*): White Black or African American
 Asian/Pacific Islander American Indian Hawaiian Other

Ethnicity (*Optional - circle one*): Hispanic Non-Hispanic

Gender (*Optional - circle one*): Female Male

Date joined: _____

I, (print full name) _____, being eighteen (18) years of age or over, hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

Witness: _____ Date: _____

The Kentucky Cooperative Extension Service is required by Federal law to collect and maintain information regarding the characteristics of the people we serve. The information you supply is voluntary.

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FORT HARROD AREA HOMEMAKER LEADER LESSONS 2025-2026



	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL
Instructor	Multi-County Program	Tara Duty	Alethea Bruzek	Sara Haag	No Lesson	Carla Carter	Hannah Thornsberry	Kayla Lunsford	Jody Paver
Lesson Title	Navigating Trauma After a Natural Disaster	Selecting Sheets	Using Your Airfryer	Yoga-ta Try This!		Stretching Your Dollar: What to Do When the "Ends" Don't Meet	Mental Health Matters	Gardening Safely	How to Get Out of a Mealtime Rut
Date & Location	Aug. 28 th 10am Boyle Co. Extension Office	Sept. 23 rd 10am Mercer Co. Extension Office	Oct. 1 st 11am Boyle Co. Extension Office	Nov. 7 th 10am Jessamine Co. Extension Office		Jan. 8 th 11am Franklin Co. Extension Office	Feb. 5 th 11am Woodford Co. Extension Office	Mar. 26 th 1pm Garrard Co. Extension Office	Apr. 15 th 10am Lincoln Co. Extension Office
Description	This lesson explores how trauma can follow natural disasters or other major losses. Participants will learn to recognize trauma, develop coping skills, and support others in their community.	Confused by cooling, percale, bamboo, or sateen? This program unravels the mystery of sheet fabrics and thread count.	Discover how air fryers work, their pros and cons, and why they've become a kitchen favorite. Learn what to know before buying one!	Learn what yoga is, its many health benefits, and simple poses to get you started.		Learn smart ways to stretch your dollars, cut costs, and save on everyday essentials	Explore why mental health is important, how to recognize concerns, and what resources can support well-being at every stage of life.	Discover the health benefits of gardening while learning safe movements, proper tool use, and responsible ways to enjoy the outdoors.	Tired of the same old dinners? This lesson shares creative strategies to spark new meal ideas, make cooking fun again, and overcome barriers to preparing home-cooked meals.

Volunteer Service Unit (VSU) Log (copy as needed)

Name: _____

Address: _____

County: _____

Phone: _____

Email: _____

[illegible]

Categories: Extension = Volunteer service for projects or programs directed by an Extension Agent. KEHA = Volunteer hours for projects initiated and led by KEHA members. Community = Service to other entities/organizations in the community (not Extension or KEHA projects). Personal = Unpaid service to family, friends, and neighbors. See KEHA Handbook pages 89-90 for complete category descriptions. Report all hours earned within the past KEHA year (July 1 – June 30). Logs are due to the county Leadership Chairman or designated contact by July 1.

Appendix 18

September 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Lunch & Learn 12pm and 6pm	3	4	5	6
7	8	9	10	11 Painting Class 1pm	12	13
14	15	16	17	18 Garden Club 4pm	19	20
21	22 Friendly Fibers 1:30pm	23 Leader Lesson in Mercer Co.	24 Homemaker Council 6pm	25	26 Annual Meeting Registration Duel	27
28	29	30				



2025 FORT HARROD AREA ANNUAL MEETING

*The Ties that Bind:
The History of Aprons and Homemaking in Appalachia*



- **REGISTRATION COST: \$15**
- **REGISTRATION DEADLINE: SEPTEMBER 26TH**
- **ATTENDEES ARE INVITED TO COME IN THEIR FAVORITE APRON**
- **EACH COUNTY IS ASKED TO BRING A \$25 GIFT BASKET FOR AREA PRIZE DRAWING.**
- **SPEAKER: DR. CYNTHIA WILLIAMS RESOR FROM EASTERN KENTUCKY UNIVERSITY HIGHLIGHTS THE LIVES OF KENTUCKY WOMEN THROUGH EARLY 19TH-CENTURY RECIPES, FOODWAYS, AND THE OFTEN-OVERLOOKED "WOMEN'S WORK" OF THE PAST IN HER CAPTIVATING PRESENTATION!**

WHEN:
OCTOBER 10TH AT 10AM
REGISTRATION BEGINS AT
9:30AM

WHERE:
LANCASTER BAPTIST CHURCH
CHRISTIAN LIFE CENTER
201 RICHMOND ST,
LANCASTER, KY 40444

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Lexington, KY 40506



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with prior notification.



FORT HARROD AREA ANNUAL MEETING REGISTRATION

COST: \$15 | NO REFUNDS

**MAKE CHECKS PAYABLE TO:
GARRARD COUNTY HOMEMAKERS ASSOCIATION**

NAME _____

PHONE NUMBER _____

COUNTY _____

**PLEASE INDICATE IF YOU HAVE ANY SPECIFIC DIETARY
RESTRICTIONS OR ALLERGIES:** _____

(LEE'S FAMOUS RECIPE WILL CATER THIS YEAR'S MEETING.)

**PLEASE SEND THIS FORM AND YOUR PAYMENT TO THE
GARRARD COUNTY EXTENSION OFFICE BY SEPTEMBER 26TH.
1302 STANFORD ROAD LANCASTER, KY 40444
FOR ANY QUESTIONS, CALL THE OFFICE AT 859-792-3026
OR EMAIL GARRARD.EXT@UKY.EDU.**

