

October



25'

UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky

Cooperative Extension Service
Garrard County
1302 Stanford Road
Lancaster, KY 40444
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Garrard County Family and Consumer Sciences Newsletter

"I'm so glad I live in a world where there are Octobers."
— Lucy Maud Montgomery.

Hello Everyone!

I'm so excited to be entering into the coziest season of the year. I'm back from maternity leave, and I am catching up on many things while also looking forward to some seasonal programming and fun events. Our Area Annual Meeting is this month. I hope you're registered! It is also the time of year to renew Homemaker membership dues. The cost is \$10. Invite a friend and let's continue growing our county membership for KEHA. If you have never joined homemakers, now would be a great time to jump in! Everyone is welcome, regardless of age, gender or background. If you like building community, giving back to others, learning new things, leadership development, and participating in fun programming, you're just the right person for homemakers! Please reach out if you have any questions!

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)

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

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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



October 7th
12PM



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: CHEESY PUMPKIN PASTA BAKE



Join us this month as we welcome a special guest
presenter for Lunch and Learn- Tara Duty, Mercer County
FCS Agent.

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WINTERIZING YOUR GARDEN WORKSHOP



November 3rd, 2025 at 4 pm
at the Garrard County Extension Office

We have limited space for this class so please RSVP to
reserve your spot by calling our office at 859-792-3026.

Discover techniques to protect your plants and ensure
healthy growth come springtime.

**Please dress appropriate for outdoors as we will have
some hands on time outside! Dinner provided.**

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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!



**GARRARD'S GARDENERS WILL NOT MEET IN
OCTOBER, BUT EVERYONE IS INVITED TO
ATTEND THIS WORKSHOP ON NOVEMBER 3RD.**

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!**



GARRARD COUNTY EXTENSION OFFICE PRESENTS:

PUMPKIN PALOOZA FAMILY NIGHT



Tuesday, October 28th at 6pm

Garrard County Extension Office
1302 Stanford Road Lancaster, KY. 40444



- Pumpkin Carving and Painting Contests
 - Fall Recipe Tastings and Demos
 - Family Crafts and Activities
 - Baking Contest
- (Bring in recipes to be judged that evening.
Must contain pumpkin!)

- Learn How to Grow Your Own Pumpkin
- Make Your Own Healthy Pumpkin Dog Treats
- Receive a Free Family Goodie Bag

Please register by
Friday, October 24th.
Call the office at 859-
792-3026 or email
garrard.ext@uky.edu.



If you cannot make it to Family Night, you may still participate in our regular pumpkin carving and painting contests-Pumpkins will be available to pick up Friday, October 24th. They will be due back for judging at Family Night on October 28th.

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COOK

WILD

Garrard County



GARRARD COUNTY EXTENSION OFFICE
NOVEMBER 6TH AT 6PM

COME JOIN US FOR A FUN EDUCATIONAL NIGHT WHERE WE WILL BE
SAMPLING DELICIOUS WILD GAME RECIPES.

DINNER WILL BE PROVIDED

PLEASE CALL 859-792-3026 OR EMAIL
GARRARD.EXT@UKY.EDU TO REGISTER.

LIMIT OF 50 PARTICIPANTS

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Established
1862
only per regulations

SAVE THE
Date

Thursday, December 11th at 6pm

HOMEMADE FOR
THE HOLIDAYS

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Family and Consumer Sciences
4-H Youth Development
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Jewelry Up-Cycling Holiday Project

Garrard County
Extension Office
November 10 & 11
(2-Part Class)
6:00pm-8:00pm
Cost: \$14



This jewelry up-cycling class will be an opportunity to put together jewelry pieces into one decorative framed piece.

To get ready for class you need:

- Wooden frame without glass (size matters; minimum of 12" x 14")
- Jewelry: variety of sizes and shapes, with sparkle or not, variety of color or plan with a certain color palette: brooches, earrings, cuff links, stick pins, bracelets, strands of beads and chains. This project lends itself to use vintage jewelry, un-worn jewelry and broken pieces.

Please register and pay by November 3rd. Cash and check payments may be mailed or brought to the Garrard County Extension Office at 1302 Stanford Road, Lancaster, KY 40444. Checks should be made out to The FCS Extension Program. Please call the office at 859-792-3026 or email garrard.ext@uky.edu to register or if you have any questions.



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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.

KEHA WEEK 2025

OCTOBER 12TH- 18TH

Stitched Together:
A Plan for the
Future



Upcoming Dates to Remember

Not Your Mama's
Homemaker Club:
October 3rd at
6pm, Extension
Office

Area Annual
Meeting: October
10th at 10am

Countryside Club:
October 16th, Call
for more info

Go-Getter's Club:
October 20th at
6pm, Extension
Office

Craft Camp:
October 25th in
Boyle County
(Registration
closed)

"Yo-Ga to Try
This" Leader
Lesson: November
7th at 10am in
Jessamine Co.
(Rides Available-
Call GC Office)



2025 KEHA Week proclamation by
Executive Judge Elleman

HOMEMAKER APPRECIATION

*Brunch &
Hors d'oeuvres*

Brunch: 10am-12pm
Hors d'oeuvres: 4pm-6pm

October 16th



Drop by the Garrard County Extension Office anytime between 10-12 or 4-6 to pick up your new Homemaker Yearbook, pay your yearly dues, and enjoy some light refreshments! Not yet a homemaker? Stop by and learn what it's all about! We'd love to have you!

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

Name: _____

Address: _____

County: _____

Phone: _____

Email: _____

		Hours (report in appropriate category)			
		Extension	KEHA	Community	Personal
Date	Activity/Job Performed				
TOTALS					

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

October 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Leader Lesson in Boyle County 11am, Homemaker Council 6pm	2	3 Not Yo Mamma's Club 6pm	4
5	6	7 Lunch & Learn 12pm	8	9	10 Area Homemaker Annual Meeting 10am	11
12	13	14	15	16 Countryside Club 11am, Homemaker Brunch & H'doeuvres 10-12 & 4-6	17	18
←			KEHA Week			→
19	20 Go-Getters Club 6pm	21 Homemaker Council 6pm	22	23	24	25 Craft Camp All Day
26	27 Friendly Fibers 1:30pm	28 Pumpkin Palooza Family Night 6pm	29	30	31	