



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

"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!

Kayla funsford

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



CHECK US OUT ON SOCIAL MEDIA!



HTTPS://WWW. FACEBOOK.COM/ GARRARDCOUNTY

Cooperative Extension Service

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.





Upcoming Events



LUNCH AND LEARN

FREE MONTHLY COOKING CLASS



October 7th



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.





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!



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.

Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



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



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







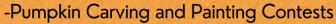
GARRARD COUNTY EXTENSION OFFICE PRESENTS:

PALOOZA PALOOZA FAMILY NIGHT



Tuesday, October 28th at 6pm

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



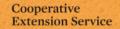
- -Fall Recipe Tastings and Demos
- -Family Crafts and Activities
- -Baking Contest

(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.



Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Thursday, December 11th at Gom









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: broaches, 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.

Lexington, KY 40506



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

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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



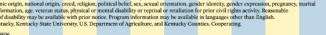
Drop by the Garrard County Extension Office anytime between 10-12 or 4-6 to pick up your new Homemaker Yearbook, pay your yearly dues, and enjoy some light refreshments! Not yet a homemaker? Stop by and learn what it's all about! We'd love to have you!

Cooperative **Extension Service**

Agriculture and Natural Resource: Family and Consumer Sciences 4-H Youth Development Community and Economic Develo

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Date:		
Date.		

Enrollment Form for

County Extension F	Homemakers Association
NameAddress	
Email Name of Club	
Phone: Home () W Cell () Fa	fork ()
Birth year (Optional):	
Race (Optional – circle one): White Black or Afr Asian/Pacific Islander American In	
Ethnicity (Optional - circle one): Hispanic Non-F	Hispanic
Gender (Optional - circle one): Female Mal	le
Date joined:	
I, (print full name), bein hereby grant permission to the University of Kentucky, includi Kentucky Extension Homemakers Association, Inc., to interview and/or to supervise any others who may do the interview, photouse and/or permit others to use information from the aforement aforementioned images in educational and promotional activities compensation.	ing its affiliates and subsidiaries, and ew, photograph, and/or videotape me; ography, and/or videotaping; and/or to tioned interview and/or the
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:			
		ਮ	urs (report in ap	Hours (report in appropriate category)	γ)
Date	Activity/Job Performed	Extension	КЕНА	Community	Personal
	TOTALS				

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

Appendix 18 June 2023

October 2025

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