

»»» **Hardin County Extension FCS Newsletter** «««

THE HAPPY, HEALTHY

Hardin County Extension *Homemaker*

March 2025



»»» NEWSLETTER NEED TO KNOWS:

LESSON BALLOTS DUE
to the office by
APRIL 4!

*Mark
your
Calendars*

SPRING BAZAAR!



March 17
HAPPY ST. PATRICK'S DAY

Homemaker Area Work Day

Tuesday, April 29 at 10:00 am

This year the Lincoln Trail Area Homemakers have been chosen to make the favors for our KEHA State meeting coming up in May. Lets get together and accomplish this task as a **TEAM**. Join us and give a little or as much as you can of your time on the day we have scheduled.

Sunday March 9, 2025



Layna Fentress
Hardin County FCS Agent

UPCOMING LESSON LEADER TRAININGS

APRIL LESSON

"MEALTIME RUT"

MARCH 31 @10:30 A.M. ET

HARDIN COUNTY

MAY LESSON

"PHOTOGRAPHY"

APRIL 21 @ 1:30 P.M. ET

LARUE COUNTY

**ALL LESSONS ARE
OPEN TO THE PUBLIC**



KENTUCKY WATER & TREES A NATURAL WONDERLAND

The Bluegrass Extension Homemaker Club invites you to their presentation at the Hardin County Extension office on

Wednesday, April 30 at 9:30 a.m.

Guest speaker, Dr. (Ret.) Paul Gerard, a well known conservationist in our area, will give a presentation on Waters & Trees and Natural Wonderland of Kentucky. We hope you join us for this interesting program.

A light breakfast will be served.

Please RSVP by calling the Extension Office 270-765-4121.

We hope to see you at this event.

Becky Grant (President Bluegrass) &
Anna Miserendino (Treasurer Bluegrass)

Caregiver Support Group

2025 Dates

**Meeting 1st Tuesday
of each month**

**MEETINGS ARE FROM
1:00 - 3:00 PM**

THERE WILL BE TIME TO SHARE
EXPERIENCES AFTER THE
SPEAKER IF YOU FEEL
COMFORTABLE DOING SO!

**FREE TO
ATTEND**



LEARN TO SEW

Next BEGINNER Sewing Class
\$5.00 per person

Supply list given at registration

RSVP begins first

Monday of each month
at 10:00 am

MARCH CLASSES:

March 25 from 1-3 **OR**
March 26 from 5-8

**COME SHOP
LOCAL AT THE**

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

HARDIN COUNTY EXTENSION HOMEMAKERS

SPRING
BAZAAR
2025



MARCH 15

9:00 AM -
3:00 PM



Hardin County Extension Homemakers
Spring Bazaar
March 15, 2025 from
9:00 am to 3:00 pm
111 Opportunity Way
in Elizabethtown

**SUPPORT
LOCAL
ARTISTS
AND LOCAL
STUDENTS!**

 Follow

**RSVP TO OUR EVENT ON SOCIAL MEDIA
FOR THE BEST INFORMATION!**



Notes from Council

The council met on February 5, 2025. Area council met on February 4 so those notes are included as well.

Treasurer's Report

Darlene reported that we made the most during the Fall bazaar than we have ever made before.

Scholarship Update

The scholarship has been edited for the 2025 year. If you have ANY relative who is a high school senior, is currently in college or trade school, or is going back to school, please encourage them to apply. Applications are due to the office by June 20, 2025.

Committee Reports

- Keep adding to blessing boxes
- Advertise for the Bazaar on March 15
- Cultural Arts area winners will be contacted about state meeting
- Don't forget club assignments for the bazaar
- Fair help will be needed again July 7-14.
- Don't forget to eat protein to help with fall prevention (think kale, mushrooms, spinach, broccoli, Brussels sprouts, etc!)
- Keep logging those volunteer hours!

Club Updates

Cecilia made Halloween bags for the VA center, and decorated their Christmas tree, they donated to-go containers to Wesley Hilltop, and they are working on donating items for foster care bags.

Stitchers donated to the animal shelter, and continue to donate lap quilts to Hosparus, and make other donations in addition to their blessing boxes. They also had a successful sleep in your own bed retreat. Quilt Show is September 19-20 this year.

White Mills had a successful chili supper and bridge lighting, they donated to Lakewood FRYSC, and instead of sponsoring youth at Christmas, they "sponsored" in home members at Christmas time.

TO DO

- Club donations for March 15 Bazaar: at least 5 baked goods, \$10 for the kitchen, and gift cards for the Opportunity Table. If ANYONE from your club would like to volunteer, or make soup, please reach out to Diane.
- Lesson ballots are in your last newsletter and are due by April 4!
- May 13 is the next council meeting because of state meeting falling on our original date
- Register for state meeting if you'd like to go! Pages 6-7
- Area Cultural Arts winners need to be brought to the office by April 25th.

New Things

1. HCHC was asked to sponsor 30 blankets for foster care bags by Hardin County Chamber Leadership. Council voted to sponsor these blankets.
2. Clubs who have more than 4,000 in their account now need to submit an annual budget and annual audit to the Hardin County Homemaker Treasurer (current: Darlene Chenault). These are due by August 15 of each year.
3. There will now be a Homemaker of the Month spotlight. This will begin in July. Clubs will be assigned a month to choose one of their members to highlight. For July 2025, Cecilia Club will highlight.



HARDIN COUNTY EXTENSION HOMEMAKERS SCHOLARSHIP APPLICATION

Must be a relative of a current Hardin County Extension Homemaker.
Family members of deceased long time Homemakers will be considered.

Please complete all areas and include all additional pages. You do not need to be a current graduating senior. You may be a graduating senior, a recent graduate choosing to go back to school, or currently enrolled at a college, university, or technical/trade school. You may apply for this scholarship more than one time, but preference will be given to new applicants.

1. Name: _____
Address: _____
City State Zip Code
Email: _____
Phone Number: _____
2. Date of Birth: _____
3. Name of Family member that is a Hardin County Extension Homemaker _____
Relationship to this Homemaker: _____
4. Year of High School graduation: _____
5. College, University, or Technical/Trade School you plan to attend or are currently attending: _____
6. Student ID number if known (so we can mail the scholarship to be credited to your account): _____
7. What will be/currently is your course of study (major/minor): _____

Please include the following additional pages with this form:

1. Your most recent transcript from your high school or current secondary school
2. At least one letter of recommendation explaining why you are deserving of this scholarship. This may come from a teacher, co-worker, church leader, supervisor, etc... This should not come from a family member or close friend.
3. The answers to the following three questions, in essay form, not to exceed 600 words.
 - a. What extracurricular activities are you involved in, and how have they helped you grow as a person?
 - b. What are your goals for the future, both short and long term?
 - c. Please briefly explain your need for this scholarship.

Applicant's Signature Date

Application is due June 20, 2025.
**Application and attachments may be emailed to dayna.fentress@uky.edu,
or they may be mailed or hand delivered to the
Hardin County Extension Office (111 Opportunity Way, Elizabethtown KY 42701)**



For Office Use Only:

Date Received: _____ Employee Initials: _____

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2025 KEHA STATE MEETING REGISTRATION FORM
 "Discover KEHA, A Hidden Treasure" • May 6-8, 2025 • Lexington, Kentucky

Name _____ Address _____ City _____ State _____ Zip Code _____ County _____ Area _____ Phone (____) _____ Email _____ Emergency Contact _____ Relationship _____ Phone # _____	<p align="center">Special Diet/Food Allergies</p> Check if you have dietary restrictions: <input type="checkbox"/> Nuts <input type="checkbox"/> Shellfish <input type="checkbox"/> Gluten-free <input type="checkbox"/> Dairy-free <input type="checkbox"/> Vegetarian <input type="checkbox"/> Vegan NOTE: We will do our best to accommodate the above dietary restrictions. If you have an additional dietary restriction you may list it below, however be aware that there is no guarantee of accommodation. Other: _____ <input type="checkbox"/> Check if you want an email confirmation.
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Check all that apply:

- KEHA MEMBER STATE BOARD AGENT UK SPECIALIST GUEST
 FIRST TIME ATTENDEE - YES NO VOTING DELEGATE - YES NO

	Early-Bird Rate (By April 7)	Regular Registration (April 8-April 21)**
Full Conference Registration	\$150	\$185
2-Day Conference Registration	\$130	\$150

2-Day Includes Either Tuesday/Wednesday OR Wednesday/Thursday - Please check appropriate boxes below

MY REGISTRATION INCLUDES:

**Late registrations (April 22 or after) will NOT be accepted.

<input type="checkbox"/> Tuesday 5/6	<input type="checkbox"/> Wednesday 5/7	<input type="checkbox"/> Thursday 5/8
Check-In for Cultural Arts, Quilt Squares, Showcase, Raffle, and Auction Seminars—Session 1 & 2* Hands-On Creative Classes—Session 1* <input type="checkbox"/> Opening Luncheon (price included!) <i>Check if attending lunch.</i> Viewing of Cultural Arts, Showcase Bidding on Quilt Squares, Raffle, Auction Trade Show	Seminars—Session 3 & 4* Hands-On Creative Classes—Session 2* Viewing of Cultural Arts, Showcase Bidding on Quilt Squares, Raffle, Auction Trade Show Business Meeting Master Farm Homemaker Guild Luncheon and Meeting*** <i>(separate registration)</i> General Session with KEHA Choir	Officer Training Workshops Educational Chairman Trainings <input type="checkbox"/> Awards Luncheon (price included!) <i>Check if attending lunch.</i>

NOTE: Select specific sessions and classes on next page.
* = May include extra costs.

FULL OR 2-DAY REGISTRATION	\$ _____
AMOUNT FROM SESSIONS, CRAFTS, SHIRTS LISTED ON PAGE 6	\$ _____
(MAKE CHECKS PAYABLE TO KEHA)	GRAND TOTAL \$ _____

***NOTE: MASTER FARM HOMEMAKER GUILD LUNCHEON IS A SEPARATE REGISTRATION.
 CONTACT SUSAN HANSFORD at susanhansford@hotmail.com

<p>NOTICE</p> <p>Mail by April 7 for the discounted registration fee. Any registration with a USPS postmark after April 21 will be returned. This is necessary to allow processing time.</p>	<p>MAIL TO: Patsy Kinman KEHA Treasurer 310 Falmouth St. Williamstown, KY 41097</p>	<p>FOR KEHA TREASURER USE ONLY:</p> Date received: _____ Postmark Date: _____ Check number: _____ Name: _____ Amount Paid: _____ Balance Due: _____ Refund Due: _____
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NO REGISTRATION REFUNDS WILL BE ISSUED AFTER APRIL 21 (SEE REFUND POLICY ON PAGE 2)

(Continued on other side...)

Name _____

PLEASE SELECT YOUR 1ST, 2ND, AND 3RD CHOICES WITH A 1, 2, or 3 FOR EACH SESSION AND CRAFT. ONLY PAY FOR YOUR 1ST CHOICE IF THERE IS A FEE.

Tuesday, May 6 - SESSIONS

- Seminars - Session 1 - 1:45 p.m. - 3:00 p.m. ET
 - Historical Homemaking (Maximum: 80 attendees) **Cost \$12**
 - How to Give a Tea Party (Maximum: 60 attendees)
 - What's in Your Leadership Toolbox (Maximum: 80 attendees)
 - Focusing on All the Dimensions of Wellness after a Cancer Diagnosis (NVON Topic) (Maximum: 63 attendees)
 - After Swallowing a Storm: Helping Kids Cope with Disaster Trauma (Maximum: 30 attendees)
 - Backyard Bees: Establishing Pollinator Habitat (Maximum: 30 attendees)
 - Enduring the Transitions of Life: A Hands-On Motivational Approach to Different Life Stages (Maximum: 25 attendees) **Cost \$12**
 - Common Injuries on the Farm/Stop the Bleed (Maximum: 30 attendees)

Wednesday, May 7 - SESSIONS

- Seminars - Session 3 - 8:15 a.m. - 9:30 a.m. ET
 - Cooking from the Garden (Maximum: 80 attendees)
 - Coordinating Community Resource Fairs (Maximum: 80 attendees)
 - Fostering Confidence: Embracing Healthy Perspectives on Food and Self-Image (Maximum: 80 Attendees)
 - Impact of Alzheimer's and Dementia on our Community (Maximum: 63 attendees)
 - Land Ho! What to Look for When Looking for Computers (Maximum: 30 attendees)
 - Sheets Uncovered! (Maximum: 30 attendees)
 - Basket Sub-Category Revisions for Cultural Arts (Maximum: 30 attendees)
 - Celebrating Cultural Connections - Heritage Foods (Maximum: 30 attendees)

Tuesday, May 6 - CRAFTS

- Hands-On Crafts Session 1 - 5:15 p.m. - 6:15 p.m. ET
 - Shocked Sheep Painting \$10
 - Paper Roses/Origami Flowers \$1
 - Santa Gnome Wall Hanging \$7
 - Mat Service Project \$5
 - Patriotic Centerpiece \$6.50
 - Gift Card Basket \$15
 - All About Beeswax \$5
 - Faux Stained Glass Picture \$7

Wednesday, May 7 - CRAFTS

- Hands-On Crafts Session 2 - 3:15 p.m. - 4:15 p.m. ET
 - Shocked Sheep Painting \$10
 - Paper Roses/Origami Flowers \$1
 - Santa Gnome Wall Hanging \$7
 - Mat Service Project \$5
 - Patriotic Centerpiece \$6.50
 - Oui Jar Basket \$20
 - Growing Herbs and the Many Uses FREE
 - Beaded Pens/Paper Beads \$7

Seminars - Session 2 - 3:30 p.m. - 4:45 p.m. ET

- Digging up Treasure - Buying and Selling Online (Maximum: 80 attendees)
- Homemaker Craft Markets: Research Results (Maximum: 80 attendees)
- Fraud Watch Basics & Scam Prevention - AARP KY (Maximum: 80 attendees)
- Yoga-ta Try This: An Introduction to Yoga Practice (Maximum: 63 attendees)
- Blue Zones: Lessons for Life (Maximum: 30 attendees)
- Understanding Addiction (Maximum: 30 attendees)
- Nourishing Life: Nutrition Strategies for Older Adults (Maximum: 30 Attendees)
- Lipstick and Leadership Style (Maximum: 30 Attendees)

Seminars - Session 4 - 1:30 p.m. - 2:45 p.m. ET

- Let's Cook with Herbs! (Maximum: 80 attendees)
- Cooking Wild in Kentucky (Maximum: 50 attendees)
- From Silents to Gen Z - Exploring Today's Generations (Maximum: 50 attendees)
- Personal Journey from War to US Citizen (Maximum: 30 attendees)
- Ovarian Cancer and You (Maximum: 30 attendees)
- Money Habitudes: What's Your Money Style? (Maximum: 30 attendees)
- Enduring the Transitions of Life: A Hands-On Motivational Approach to Different Life Stages (Maximum: 25 attendees) **Cost \$12**
- KEHA Choir Rehearsal (pre-registered choir members only)
- Master Farm Homemakers Guild Meeting

Thursday, May 8 - TRAININGS

Please check the Officer and Chair trainings you plan to attend. NOTE: All who are registered are welcome to attend. Learn what it means to lead!

Officer Trainings - 8:00 a.m.-9:15 a.m.
 President _____ Vice President _____
 Secretary _____ Treasurer _____

Educational Chair Trainings - 9:45.-11:00 a.m.

- Management & Safety _____ Food, Nutrition & Health
- Leadership Development _____ International
- Cultural Arts & Heritage _____ 4-H Youth Development
- Environment, Housing & Energy _____
- Family & Individual Development _____

STATE MEETING SHIRT \$18 EACH

Qty: _____ Size: ___ Small ___ Medium
 ___ Large ___ XL ___ 2XL ___ 3XL

TOTAL \$ _____



AMOUNT DUE FROM SESSIONS AND CRAFTS \$ _____

STATE MEETING SHIRT \$ _____

TOTAL \$ _____

PLEASE TRANSFER THIS AMOUNT TO PAGE 5

March Homemaker Lesson

Pathway to Wellness



UK Cooperative Extension Service

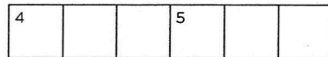
LEADER LESSON

Crossword Puzzle

8 DIMENSIONS OF WELLNESS

DOWN

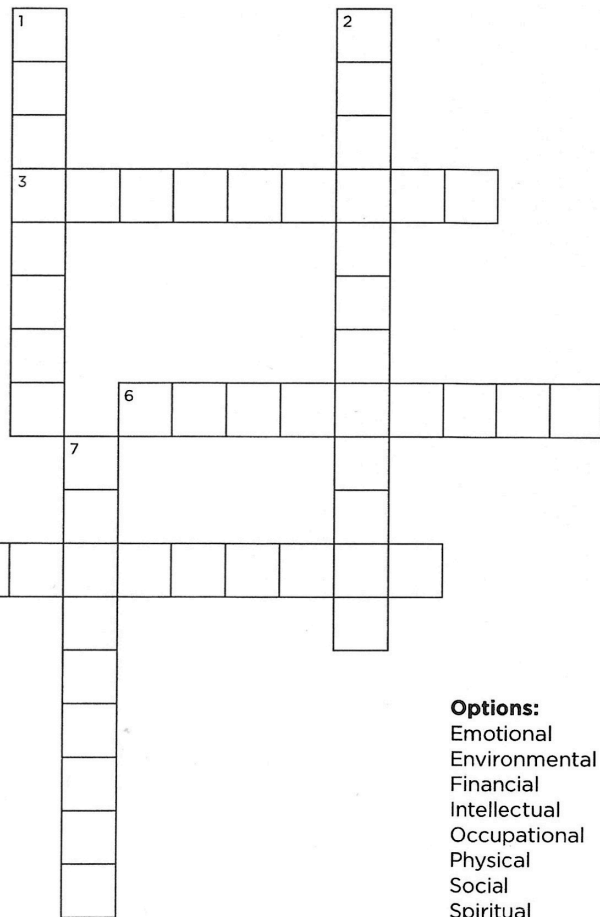
1. Recognizing the need for physical activity, healthy foods, and sleep
2. Personal satisfaction and enrichment from one's work



5. Recognizing creative abilities and finding ways to expand knowledge and skills
7. Satisfaction with current and future financial situations

ACROSS

3. Expanding one's sense of purpose and meaning in life
4. Developing a sense of connection, belonging, and a well-developed support system
6. Coping effectively with life and creating satisfying relationships
8. Enjoying good health by occupying pleasant, stimulating environments that support well-being



Options:
 Emotional
 Environmental
 Financial
 Intellectual
 Occupational
 Physical
 Social
 Spiritual

RM0324

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

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Disabilities accommodated with prior notification.