

Laurel County Extension Homemakers

"We are so much more than you think!"



Best Wishes for our October Birthday Friends

Wanda P.- 10/1
Noman S.- 10/3
Jeannie T.- 10/4
Janet E. -10/4
Cheryl S.- 10/4
Angel M.- 10/8
Eileen K.- 10/9
Anne T. - 10/9

William M.- 10/10
Rhonda S.- 10/10
Jennifer R.- 10/11
Greg D. -10/13
Mary R. - 10/22
Sandy W. - 10/22
Rosemary D.- 10/29
Julia M.- 10/31

As we say goodbye to summer it's a great time to get into the spirit of fall. I'm super excited for snugly cozy time, hot apple cider, sweaters and relaxing in front of a fireplace. During this time of transition it is a good reminder to get ahead with some of those yearly tasks. Be sure to make time for yourself, plan something you enjoy doing, invite a friend for even more joy.

Lora Davidson

Laurel County Extension Agent
For Family & Consumer Sciences

Important Dates & Information

- KEHA Homemaker week -Oct 8th to 14th
- Holiday Ideas - Oct 19th @10am and 6pm
- Cultural Arts Blue Ribbon submission due to office by Oct 20th
- Wilderness Trail -Homemaker Annual Meeting -Grace on the Hill, Corbin -Oct 28th @10am
- Advisory Council Meeting Nov 7th-1am
- Holiday Cooking School -Nov 9th
- 2024 Homemaker Dues Due - Dec 1st

October

Dining with Diabetes

- LEARN ABOUT WHAT DIABETES IS, HOW IT AFFECTS YOUR OVERALL HEALTH, AND SO MUCH MORE!
- LEARN ABOUT RECIPES THAT CAN BE INCORPORATED INTO A HEALTHIER (AND TASTIER) LIFESTYLE!
- BE AROUND OTHERS WHO HAVE THE SAME HURDLES

OCT 4TH, 11TH, 18TH & 25TH

10AM TO 12PM

COST: FREE

Acrylic Painting Class

- LEARN A NEW SKILL OR PRACTICE ONE YOU HAVEN'T USED IN A WHILE!
- GET HANDS-ON GUIDANCE FROM A WONDERFUL INSTRUCTOR
- TAKE HOME YOUR FINISHED ART PIECE THAT DAY!

OCTOBER 5TH

6PM TO 8PM

COST: FREE

DIY Family Preparedness

- LEARN NEW TECHNIQUES TO KEEPING YOUR FAMILY ORGANIZED
- BUILD YOUR OWN RECORDS BINDER TO COVER ALL OF YOUR FAMILY'S NEEDS
- GET CUSTOMIZED HELP TO DESIGN TEMPLATES THAT WORK FOR YOU!

OCTOBER 10TH

6PM TO 8PM

COST: \$5

FREE FOR LC HOMEMAKERS

LAUREL.CA.UKY.EDU

Made by YOU

- WE HAVE SPACE FOR YOU TO SPREAD OUT AND WORK ON YOUR EXISTING PROJECTS
- GET HELP WITH ANY QUESTIONS THAT HAVE YOU STUMPED!
- SEWERS, KNITTERS, CRAFTERS OF ALL KINDS WELCOME!

OCTOBER 11TH

10AM TO 8PM

COST: FREE

Laugh & Learn

- YOU AND YOUR CHILD(REN) CAN ENGAGE IN PLAYFUL ACTIVITIES THAT ARE DESIGNED TO PREPARE THEM FOR KINDERGARTEN
- ADULTS AND CHILDREN WILL HEAR STORIES, SING SONGS, MAKE CRAFTS, PLAY GAMES, AND ENJOY A HEALTHY SNACK DURING EVERY PLAYDATE.

OCTOBER 12TH

11AM TO 12PM

COST: FREE

Fall Treats

- LEARN NEW TECHNIQUES TO SOME CLASSIC FALL DESERTS
- GET HANDS ON EXPERIENCE WITH THOSE TECHNIQUES SO YOU CAN LEAVE CLASS CAPABLE TO DO IT ON YOUR OWN!
- SAMPLES PROVIDED FOR ALL REGISTERED ATTENDEES

OCTOBER 17TH

6PM TO 8PM

COST: \$5

Craft n' Creation: Button Art

- ATTEND A HANDS-ON WORKSHOP FOCUSED ON UTILIZING REPURPOSED RESOURCES
- FOCUSED ON LEARNING STRESS-RELIEVING TECHNIQUES THROUGH CRAFTING
- LEAVE CLASS WITH A FINISHED PROJECT!

OCTOBER 26TH

6PM TO 8PM

COST: \$5

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WILDERNESS TRAIL AREA EXTENSION HOMEMAKERS 2023 ANNUAL MEETING

Saturday, October 28, 2023

at

Grace on the Hill Community Church

1632 Cumberland Falls Hwy, Corbin, KY

Cultural Arts Check-In & Registration Begin at 9:30 am

Meeting Begins at 10:30 am

Lunch catered by Tri-County Catering will include:
Meatloaf, Potatoes, Green Beans, Roll, Dessert & Drinks

Tickets are \$20 , and may be purchased at your local County
Extension Office. **Register by October 16th.**

Our theme is Celebrating the USO - United Service Organizations



**ATTENTION ALL
BLUE RIBBON
RECIPIENTS!!**

**Area competition will
be held at the
Wilderness Trail Area
Meeting in Whitley
County on Oct 28th.**

**** If you are sending
your item(s) to the
area level, drop off at
the office is required
by Friday, OCT
20th!!****

- Apparel-Kayley Garlen, Yarn Spinner
- Art, Natural -Judy Riding, Mailbox
- Basketry Cane -Judy Riding, Mailbox
- Basketry Dyed Material -Judy Riding, Mailbox
- Basketry Miniature -Judy Riding, Mailbox
- Basketry Plain -Judy Riding, Mailbox
- Counted Cross Stitch - Sandy Bargo, Sublimity
- Crochet Accs -Kayley Garlen, Yarn Spinner,
- Crochet Fashion -Pat Gray, Macedonia
- Crochet Home Decor & Afghan- Glenda Morgan, Macedonia
- Doll/Toy Making - Kayley Garlen, Yarn Spinner
- Drawing Pencil or Charcoal - Black- William Morgan, Yarn Spinner
- Painting Acrylic- Sandy Ramsey, Mountain Laurel Quilters
- Painting Decorative/Other- Faye Miracle, Macedonia
- Wall/Door Hanging/Fabric - Pat Gray, Macedonia
- Wall or Door Hanging/Other - Glenda Morgan, Macedonia
- Miscellaneous-(Carryall for Walker) Pat Gray, Macedonia



- **LAUGH N LEARN - NOV 1ST, @11AM**
- **COOK TOGETHER EAT TOGETHER - NOV 7TH, 14TH, 21ST, 28TH, DEC 5TH @6PM**
- **MADE BY YOU- NOV 8TH @ 10AM-4:30 & 5:30-8:00**
- **HOLIDAY COOKING SCHOOL - NOV 9TH @5:30PM**

HOLIDAY IDEAS



OCT 19 @ 10AM & 6PM

Registration required

Contributions by:

Bell County Clay County Harlan County Jackson County

Knox County Laurel County Rockcastle County Whitley County

Holiday Cooking School

"Winter wishes, snowflake kisses"

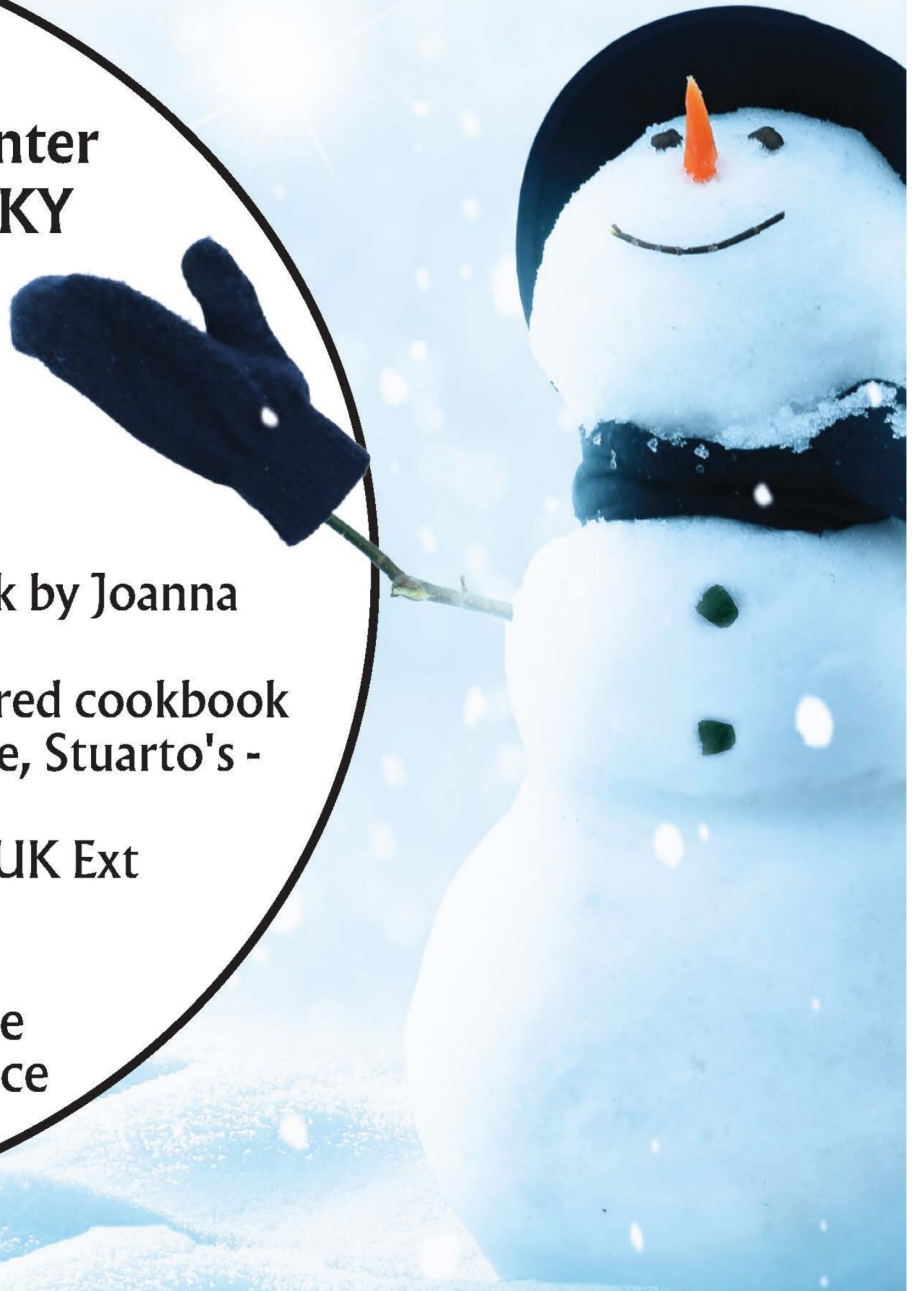
November 9th 5-7 PM
London Community Center
529 S Main St, London, KY
Doors Open at 4:30

Ticket Price: \$25

Price includes:

- Magnolia Table cookbook by Joanna Gaines
- Food Samples from featured cookbook
- Speaker Richard Lawrence, Stuarto's - Cooking with Flavor
- Speaker Annhall Norris, UK Ext Specialist - Food Safety

**Tickets available to purchase
at your local Extension Office**



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 **October**  2 0 2 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 	5 	6	7 
8	9 	10 	11  	12 	13 	14
15 	16	17 	18 	19 	20	21
22 	23	24	25 	26 	27	28
29	30	31 	1	2	3	4

Homemaker Club Monthly Dates:

- 1st Sat -Mountain Laurel Quilters @ 10am
- 2nd Mon -Laurel Silver Thread Quilters @9am
- 2nd Mon -Felts Meeting @ 12pm (noon)
- 2nd Mon -Sublimity Meeting @ 11am
- 2nd Wed -Rough Creek Meeting @12pm (noon)
- 2nd Fri -Macedonia Club Meeting @6pm
- 3rd Sun -Busy Needles @ 2pm
- 3rd Mon - Yarn Spinners @ 6pm



**October
 C.L.A.S.S.**



- Oct 4th**
Dining with Diabetes -10am
- Oct 5th**
Acrylic Paint Masterpieces - 6pm
- Oct 10th**
DIY Family Preparedness - 6pm
- Oct 11th**
Made By You- 10am
Dining with Diabetes -10am
Made By You- 5:30pm
- Oct 12th**
Laugh n Learn - 11am
- Oct 17th**
Fall Treats - 6pm
- Oct 18th**
Dining with Diabetes – 10am
- Oct 19th**
Holiday Ideas - 10am & 6pm
- Oct 25th**
Dining with Diabetes – 10am
- Oct 26th**
Craft & Creation - 6pm