



University of Kentucky
 College of Agriculture,
 Food and Environment
 Cooperative Extension Service

Laurel County
 200 County Extension Road | London, KY
 (606) 864-4167
 laurel.ca.uky.edu

January

2023

Laurel County Extension Homemakers “We are so much more than you think!”



Happy New Year!

Here’s to a bright New Year and a fond farewell to the old; here’s to the things that are yet to come and to the memories that we hold. May you have a prosperous New Year.

Lora Davidson
 Laurel County Extension Agent
 For Family & Consumer Sciences

Lets Celebrate our January

- Phyllis Doan - Jan 1st - Sublimity
- Pat Klink - Jan 3rd -Mountain Laurel Quilters
- Rhonda Taylor-Whithey- Jan 8th -Mountain Laurel Quilters
- Karen Westerfield- Jan 10th -Mountain Laurel Quilters
- Jessica Vaughn- Jan 17th-Mountain Laurel Quilters
- Sharon House- Jan 18th -Sublimity
- Alta Bales- Jan - Jan 18th -Mountain Laurel Quilters
- Karen Shell- Jan 21st -Mountain Laurel Quilters
- Goldie Blanton- Jan 21st-Laurel Silver Threads
- Tammy Hammock- Jan 21st -Laurel Silver Threads
- Melissa Dorraugh- Jan 25th -Laurel Silver Threads
- Sandy Ramsey- Jan 26th-Mountain Laurel Quilters
- Debbie Taylor- Jan 27th-Mountain Laurel Quilters
- Judy Akers- Jan 28th-Mountain Laurel Quilters
- Marsha Steelman- Jan 31st-Laurel Silver Threads

Announcements

- January 2023 classes and activities
- Sneak Peek at February Classes & Club Lesson Leader
- Public Notices
- KEHA State Meeting 2023
- Laurel County Healthy Eating Study
- Big Blue Book Club for 2023

JANUARY C.L.A.S.S.



Bingocize is a health program that combines bingo with fun exercises. Come play bingo, get stronger and make some new friends.

FREE to register.

606-864-4167

Jan 3rd & 5th
Jan 10th & 11th
Jan 24th & 26th
Feb 7th & 9th
Feb 14th & 16th
Feb 27th & Mar 2nd
Mar 6th & 9th
Mar 13th & 14th
Mar 20th & 21st
April 3rd & 6th

Point your camera phone and scan the QR code



MADE
by YOU
Jan 11th
10am-
2pm

The Made by You workshop is a great opportunity to bring your unfinished projects. Come join others who may need a place to spread out, or perhaps just a set aside time to work. Participants will bring their own personal projects, necessary tools and supplies. Help is available upon request if needed. Another FREE registration

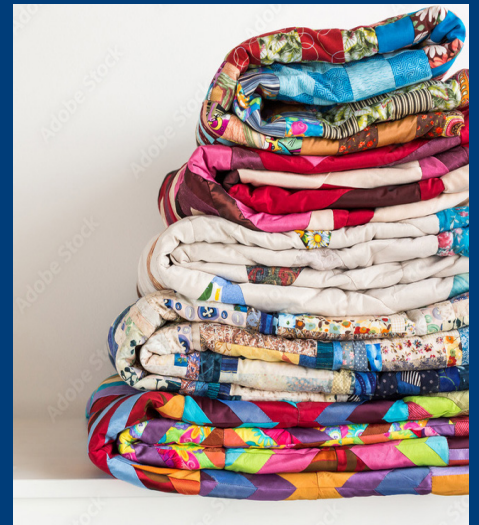
&

Jabez Quilt Seminar

The annual quilt retreat set in the beautiful lake region of Lake Cumberland in Central Kentucky will be a fun and exciting event January 17-21, 2023. We have the amazing feature teacher Angela Huffman. There will be so many classes from many talented teachers with beautiful projects. These heirloom pieces will be treasured for generations to come.

Days are filled with learning and sewing, the evenings are set for lots of laughter, fellowship, a fun karaoke party and fireside chats as well as sit and sew opportunities.

Registration is now closed, but if you have any questions feel free to reach out to Linda at linda.burgard@uky.edu or 606-549-1430



FEBRUARY C.L.A.S.S. SNEAK PEEK



BINGOcize continues thru April
@10am
Feb 7th & 9th
Feb 14th & 16th
Feb 27th & Mar 2nd
Mar 6th & 9th
Mar 13th & 14th
Mar 20th & 21st
April 3rd & 6th

E-meals :2 sessions
February 6th
@ 10 am & 6pm

Made by you :2 sessions
Feb 8th @ 10am-2pm
Feb 9th @ 6pm-8pm

Crochet & Chat
Feb 14th 6pm-8pm

Craft n' Creation
Feb 16th @ 6pm- 8pm

Cricut: Vinyl layer
Feb 21st @ 6pm- 8pm

Savor the Flavor
Feb 23rd 6pm

Register online at
[HTTPS://BIT.LY/LCESCLASS](https://bit.ly/LCESCLASS)
or by calling
(606)864-4167

Big Blue Book Club Announces the First Book of 2023

Join Family and Consumer Sciences Extension for our next Big Blue Book Club series featuring, *Is Butter a Carb? Unpicking Fact from Fiction in the World of Nutrition*. This book removes the moral stigma from food and breaks down the science to provide easy, accessible evidence-based advice on how to live your healthiest and happiest life. This practical book is the modern must-have nutrition book for everybody interested in food, health, and pop science.



Led by Dr. Heather Norman-Burgdolf, Extension Specialist for Food and Nutrition, this series will be held on Thursdays March 2, 9, 16, and 23 at 10:00 am ET/9:00 am CT.

The first 200 registered participants will receive a free copy of the book.

The registration deadline is January 27, 2023.

To register:

<https://ukfcs.net/BBBC23Book1>

Building strong families. Building Kentucky. It starts with us.
#UKFCSExt #BigBlueBookClub

Attention Club Lesson Leaders



Please note that the Homemaker Spring Leader Lesson training date is February 28, 2023. This training will be at the Laurel County Extension Office and will include lessons for March, April and May. Club representatives should contact the office at 606-864-4167 to register.

We're looking for **Laurel County residents** to be part of a healthy eating study.

Help us learn more about programs that support healthy eating in communities like yours. Receive payment for your time.

What will the study include?

- In person appointment at the Laurel County Extension Office (45 min)
- Completing a survey, 24 hour diet recall, and finger scan of fruit and vegetable intake (carotenoid RS scan)
- Receiving information about healthy eating programs in Laurel County by email or mail 1-2 times per year
- You can complete the study 1 time per year for 3 years (3 times total).
- Receive \$25 each time you complete the study (\$75 total possible).

Have questions?

Contact Kathryn Cardarelli at
859-323-5357 or
Kathryn.Cardarelli@uky.edu

Am I eligible?

- Resident of Laurel County for at least 1 year
- No plans to move out of the county in the next 3 years
- 18 years or older
- Speak and understand English
- Not pregnant

Check your eligibility:

- Call 859-428-8147,
- Scan the QR code, or
- Visit <https://bit.ly/LHstudy>



UK University of
Kentucky
Research
An Equal Opportunity University

2023 KEHA State Meeting

May 9-11, 2023

Crowne Plaza

Louisville, KY

<https://keha.ca.uky.edu/content/state-meeting-information>



We are planning an exciting state meeting with all the features you know and love! Because of rising prices, we have had to change the pricing structure. We are keeping prices as low as we can to make sure you get the most bang for your buck! Below is a sneak peek at the new pricing structure and all the features it will include. Look for full details and registration information coming this February in your state newsletter!

	Early-Bird Rate (By 4/10/22)	Late Registration (By 4/24/22)
Full Conference Registration	\$140	\$175
2-Day Conference Registration	\$120	\$140

Full Conference Registration Includes:

- Everything!
- Two meals – Tuesday opening luncheon banquet (New!) and Thursday awards luncheon
- All three days of conference activities*
- Opportunities to register for learning seminars covering a wide variety of interesting topics
- Opportunities to register for hands-on creative classes
- Cultural Arts viewing
- Quilt square viewing and auction
- Trade show vendors and KEHA merchandise store
- Basket raffle and silent auction
- Homemaker showcase
- Business meeting
- Wednesday night choir performance
- Thursday officer trainings and educational chairman workshops – all are welcome to attend. Learn what it means to lead!

2-Day Conference Registration Includes:

- Tuesday/Wednesday registration OR Wednesday/Thursday registration
- One meal (either opening luncheon banquet (New!) or closing awards lunch
- 2 days of conference activities*
- Opportunities to register for learning sessions and hands-on creative classes as available on the days you select

* NOTE: All sessions and classes require advanced registration and are subject to availability. Registration is first-come, first-served with payment. Hands-On Creative Classes and paid sessions *may* include an additional charge.

BIG BLUE BOOK CLUB

IS BUTTER A CARB?

UNPICKING FACT FROM FICTION IN THE WORLD OF NUTRITION

Evidence-based, body positive and practical, *Is Butter a Carb?* is the modern must-have nutrition book for everybody interested in food, health, and pop science. **This isn't a diet book or quick-fix book.** Instead, the book is an engaging way to determine fact from fiction in the world of nutrition and **helps readers feel more confident as consumers.**



BOOK CLUB WILL BE HELD
ON THURSDAYS

MARCH 2, 9, 16, 23 AT 10AM (ET)

REGISTER BY JANUARY 27, 2023

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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Public Notification of Procedure for Filing a Complaint

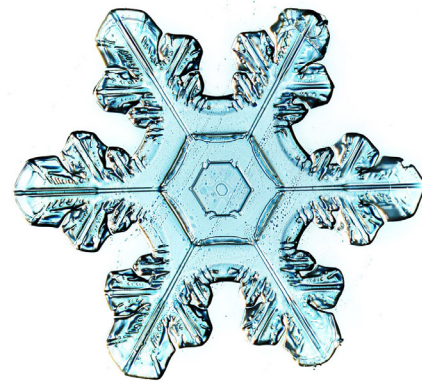
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Happy New Year

Ring in the New Year is a cause for celebration a time to spend with friends and family. As we raise a glass, it's important to recognize the special symbolism that the New Year brings. It is a good time to reflect on all 2022 and look ahead to your resolutions for 2023. It's about new beginnings, a time for a refresh and a restart. Whether your New Year resolutions consist of simply making healthy choices or giving your all to home reset, it can take a lot of effort. We hope that our offerings support you and your resolutions. All of us here at the Extension office wish you and your loved ones a heartfelt New Years wish.

Cheers to 2023!



Bad Weather Policy



If Laurel County Schools are closed due to bad weather, Laurel County Extension Homemaker programs and/or meetings will be cancelled. If in doubt, call the office at (606) 864-4167 or follow us on Facebook at Laurel County FCS.





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JANUARY

/ 2023

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

January Classes:

- 3rd Bingocize @ 10am
- 5th Bingocize @ 10am
- 10th Bingocize @ 10am
- 11th Bingocize @ 10am
- 11th Made by you @ 10am-2pm
- 17th-21st Jabez Quilting Seminar
- 24th Bingocize @ 10am
- 26th Bingocize @ 10am

January Office Closed:

2nd & 16th



February Classes:

- 6th E-Meals @ 10am
- 6th E-Meals @ 6pm
- 7th Bingocize @ 10am-2pm
- 8th Made by you @ 10am
- 9th Made by you @ 6pm-8pm
- 9th Bingocize @ 10am
- 14th Bingocize @ 10am
- 14th Crochet and Chat @ 6pm
- 16th Craft n' Creation @ 6pm-8pm
- 16th Bingocize @ 10am
- 16th Cricut: Vinyl layer @ 6pm-8pm
- 23rd Savor the Flavor @ 6pm-8pm



Homemaker Club Dates:

- 2nd Mountain Laurel Quilters @ 9am-4pm New Years event
- 7th Mountain Laurel Quilters @ 10am
- 9th Laurel Silver Thread Quilters @9am
- 9th Felts Meeting @ 12pm (noon)
- 9th Sublimity Meeting @ 11am
- 11th Rough Creek Meeting @12pm (noon)
- 13th Macedonia Club Meeting @6pm
- 15th Busy Needles @ 2pm
- 19th Mountain Laurel Quilters @ 9am-8pm Sew Day
- 25th Laurel Silver Thread Quilters @ 9am-3:30pm