

Extension Homemakers

**Cooperative
Extension Service**
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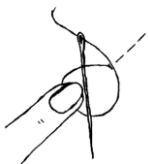
Homemaker Leader Trainings

The following trainings will be held at the Powell County Extension Office at 1:30 p.m.

Thursday, April 7, 2016 – Tackling Your Laundry: With the ever-changing world of laundry detergents, machine choices, stain removal products, general laundry care and safe laundry practices to consider, the need to educate consumers to make the safest, most efficient choice is necessary. This program guides participants to create a safe laundry room that will protect families, choose the right product for the right job, identify ways to remove common stains, and understand the difference between traditional and high efficiency washing machines. Kay Denniston, Bourbon County FCS Agent, will present this lesson.

Unfinished Project Days

We've had a request to schedule some days to get together to work on any project of your choice along with your fellow Homemaker members. You can socialize while you work and seek the advice of others. There will be no formal instruction, just a lot of random projects going on. Bring a sack lunch and join us the third Tuesday of each month anytime between 9:00 a.m. until 4:00 p.m.



Pen & Ink Workshop

Janet Ford is offering an Acrylic Painted Canvas Workshop as shown in this sample! The class will begin at 6:00 p.m. at the Powell



County Extension Office on March 28, 2016. Cost is \$20.00 with all supplies included. Paid registration is due by March 24th. Class is limited to twelve participants so signup early!

Homemaker Council Meeting

Please join us on Tuesday, April 5th, beginning at 2:00 p.m. at the Powell County Extension Office for an Extension Homemaker Council Meeting. All Homemakers are invited to attend and give input on upcoming events and activities.

Meeting Reminders

Quilt Club Meeting: Meets the second Monday of each month at the Powell County Extension Office at 11:00 a.m.

Crochet Classes: Meets the second Monday of each month at 5:30 p.m. at Sticks, Stones and Stitches.

Extension Garden Classes

It's getting close to springtime and we are excited to offer the 2016 Extension Garden Classes!

- **April 04: Raised Bed Gardening & Greenhouses, Caitlin Quinn, PCHS VoAg Instructor**
- **April 11: Mason Bee House, Bill Gordon, Cost \$5.00 per house. Bring a drill and bits if you have them.**
- **April 18: Heirloom Seeds & Gardening, Amanda & Brandon Sears, UK Cooperative Extension Service**
- **April 25: To Be Announced**
- **May 02: Potluck & Plant Sharing**

The cost per person each evening is \$2.00.

Additional fees will apply for projects such as the mason bee house (\$5.00) and the hands on program on



April 25th which is still to be determined.

Anyone choosing not to participate in those activities are welcome to attend the lecture and greenhouse segments for the usual \$2.00 fee. Classes will be held at the Vo-Ag classroom at the back part of the school and at the learning greenhouse beginning at 6:30 p.m. No registration is required to attend.

Ovarian Cancer Screening

A block of appointments for Ovarian Cancer Screenings are reserved for us on June 21st at UK Markey Cancer Center. If you are interested in participating, please call me to reserve your spot. We will use the van to travel to UK. This free screening is available for women age 50 or more or women 25 or more years of age with a family history of ovarian cancer. Early detection is the key to survival of this disease!

Eat to Defeat Diabetes

We are pleased to offer diabetes classes for those of you with diabetes or those who care for someone with diabetes.



Extension will be partnering with the dietician at the Kentucky River Foothills Health & Wellness Center, Christina Busse, MS, RD, LD., and with the Powell County Health Department. All classes will be held at the Powell County Extension Office beginning at 6:00 p.m. as follows:

- **Tuesday, April 5, 2016: Overview of Diabetes & Complications**
- **Wednesday, April 13 2016: Goal Setting & Lifestyle Factors...Diet & Exercise**
- **Wednesday, April 20, 2016: Diabetes & How It Affects Other Parts of the Body**
- **Wednesday, April 27, 2016: Self Care With Diabetes**

A meal will be provided each evening featuring diabetes friendly dishes taken from the free cookbook available to those attending! If you attended the last series of classes you are welcome to come again, however, the cookbook is the same.

Sincerely,

Pam Dooley
CEA for Family & Consumer Sciences 03/2016

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