



Practice Safe Canning Practices this Summer

Source: Annhall Norris, Food Preservation Extension Specialist

Gardens are beginning to bear the fruits of your labor. Soon, it will be time to start thinking about preserving some of that excess produce for winter months. Safety is of utmost importance for those of us preserving food, because improperly home-canned food can lead to foodborne illness.

Bacteria, yeasts and molds can grow quickly on fresh fruits and vegetables. Oxygen and enzymes that can cause food to spoil are found all over and inside produce. Safe home canning methods help prevent the growth of these harmful bacteria, yeast and molds; remove excess oxygen from the food; destroy spoilage enzymes; and allow for year-round enjoyment of the foods from your garden.

Despite what you may find on the Internet or social media, there are only two acceptable methods for home canning safe, quality products --the boiling water canner method and the pressure canner method. The type of food you are preserving will dictate which method to use. You should use boiling water canners to preserve foods that are naturally high in acid, like most fruits. Pressure canners must be used for all fresh vegetables, meat and poultry. Both methods, when used properly, can



prevent botulism, a deadly form of food poisoning associated with canned food.

You can safely process foods that are naturally high in acid or foods that have been acidified with lemon juice or vinegar (like pickles, salsa and relishes) in a boiling water bath canner. The acid prevents the growth of harmful bacteria in these foods. However, vegetables, meats and poultry do not contain enough acid to prevent bacterial growth. For these foods temperatures between 240 and 250 degrees Fahrenheit are necessary to prevent the growth of bacteria. You can only reach these temperatures using a pressure canner. Therefore, you must process all vegetables and other low acid foods in a pressure canner.

Be sure to use up-to-date equipment that's in proper working

condition. It's never a good idea to purchase a pressure canner at a yard sale or flea market as replacement parts and manufacturer's instructions may not be available. Pressure canners made after 1997 are designed with more safety features and weigh much less than older canners. You should test the gauge on dial-gauge pressure canners

each year. Your local extension office can do this for you. It is also important to use only Mason-type canning jars and self-sealing, two-piece lids. Never reuse jars that once contained mayonnaise or other food products as they will crack and break during processing.

Always use research-based recipes to preserve foods. These recipes are available in UK Cooperative Extension Service home canning publications, the Ball Blue Book Guide to Preserving or the National Center for Home Food Preservation's website <https://nchfp.uga.edu/>. Follow each recipe exactly as written. Do not make additions or changes unless the recipe provides information on these options. Not following the recipe precisely or using a recipe that is not research-based, may result in sickness.



Valley Homemakers Meeting

August 9th — 10:00 a.m. will be held at **Campbell County Extension Office**. Valley Club met in July and successfully planned the programs for the year. Thanks to all for their input and to those who will be leading! We will continue the Blessing Bags charitable project and socks for the Vets, as well as others. **Please bring used or new Christmas cards, paper scissors, and glue sticks for our craft project.** Come and join in the fun with us!

Hope to see you then, but if you can't attend, please send your ideas to Pam at 513-519-5823. 😊

Kate Vaught Thompson

Kate Vaught Thompson
Campbell County Extension Agent for

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To file a complaint of discrimination, contact Tim West, UK College of Agriculture, 859-257-3879; Terry Allen or Martha Alexander, UK Office of Institutional Equity and Equal Opportunity, 859-257-8927; or the USDA, Director Office of Civil Rights, Room 326-W Whitten Bldg., 14th & Independence Ave. SW, Washington, DC 20250-9410, 202-720-5964.

Lunch Bunch



Tuesday, August 2, 2022
Log Cabin
11:00 a.m.

322 Madison Pike, Covington, KY

Tuesday, September 6, 2022
Greyhound Tavern
11:00 a.m.

2500 Dixie Hwy, Ft. Mitchell, KY7

Voicemail or Text **Marsha Kerby** at

859-816-8707

if you would like to attend or carpool.

QUILTERS SHOP HOP

Tuesday, August 23

We are going to:

Quilters Square, Lexington, Birdsong, Georgetown and Simple Pleasures, Dry Ridge.

We will meet at the Extension Office at 9 a.m. so we can carpool.

We'll have lunch in Georgetown.

Call or text me if you're interested.

Marcia Kerby — 859-816-8707

LOOKING AHEAD...

Date	Event
August 2 11:00 a.m.	Lunch Bunch Log Cabin — 322 Madison Pike, Covington, KY- Call/Text Marsha Kerby - 859-816-8707
August 9 10:00 a.m.	Valley Homemakers Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY
August 15 10:00 a.m.	Crazy Quilters Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY
August 25 10:00 a.m.	Homemakers Board Meeting Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY
September 6 11:00 a.m.	Lunch Bunch Greyhound Tavern — 2500 Dixie Hwy, Ft. Mitchell, KY- Call/Text Marsha Kerby - 859-816-8707
September 28	Cultural Arts — Drop Off - 9:30 a.m. Judging - 10:00 a.m. See pages 4 & 5 for Exhibit Categories
October 12 10:00 a.m.	Triennial Meeting - Cultural Arts: 8:30-10 am — Program begins: 10 am Receptions Event Center, 1379 Donaldson Hwy, Erlanger, KY 41018 - Registration by Sept. 23rd

Ladies Just Wanna Have FUN Day!

October 29, 2022

9am-5pm

Work on sewing, knitting, scrapbooking, reading, card making, organizing pictures, recipes or just enjoy sitting and talking with old or new friends!

Save the Date!



2022-2023 CULTURAL ARTS EXHIBIT CATEGORIES

Categories and Subcategories

- 1. APPAREL**
 - a. Accessory
 - b. Appliqued
 - c. Basic Sewing
 - d. Quilted
 - e. Specialty
- 2. ART, 3-Dimensional**
 - a. Carving
 - b. Sculpture
- 3. ART, NATURAL**
 - a. Wood
 - b. Other
- 4. ART, RECYCLED (Include a before picture)**
 - a. Clothing
 - b. Household
 - c. Other
- 5. BASKETRY**
 - a. Cane
 - b. Dyed Material
 - c. Miniature (under 4 inch)
 - d. Novelty
 - e. Plain
- 6. BEADING**
 - a. Bead Weaving
 - b. Non-jewelry Item/Wearable
 - c. Miscellaneous
- 7. CERAMICS**
 - a. Hand-formed
 - b. Molded
 - c. Pre-made
- 8. COUNTED CROSS STITCH**
 - a. 14 Count & Under
 - b. 16-22 Count
 - c. Specialty Cloth (linens, etc.)
- 9. CROCHET**
 - a. Accessories
 - b. Fashion
 - c. Home Décor and Afghans
 - d. Thread
- 10. DOLL/TOY MAKING**
 - a. Cloth
 - b. Handmade Toy other than Porcelain/China or Cloth
 - c. Porcelain/China
- 11. DRAWING**
 - a. Pastels
 - b. Pen and Ink
 - c. Pen and Ink with Oil Roughing
 - d. Pencil or Charcoal-Black
 - e. Pencil-Color
- 12. EMBROIDERY**
 - a. Basic
 - b. Candle Wicking
 - c. Crewel
 - d. Machine
 - e. Ribbon
 - f. Smocking
 - g. Swedish
 - h. Tatting/Lace Making
 - i. Miscellaneous
- 13. FELTING***
 - a. Needle Method
 - b. Wet Method
- 14. HOLIDAY DECORATIONS**
 - a. Autumn
 - b. Spring
 - c. Summer
 - d. Winter

2022-2023 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

15. JEWELRY

- a. Beaded
- b. Mixed Media (wire, chain maille, mixed with beads)
- c. Original Design

16. KNITTING (HAND)

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans

17. KNITTING (OTHER)

18. NEEDLEPOINT

- a. Cloth Canvas
- b. Plastic

19. PAINTING, ART

- a. Acrylic
- b. Oil
- c. Watercolor

20. PAINTING, DECORATIVE

- a. Metal
- b. Wood
- c. Other

21. PHOTOGRAPHY

- a. Black & White (mounted & framed)
- b. Color (mounted & framed)

22. QUILTS**

- a. Baby-size or Lap-size (hand quilted)
- b. Baby-size or Lap-size (machine quilted)
- c. Hand Appliqué (hand quilted)
- d. Hand Pieced (hand quilted)
- e. Machine Appliqué (machine quilted)
- f. Machine Pieced (hand quilted)
- g. Machine Pieced (machine quilted)
- h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
- i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
- j. Technology Based (hand or machine quilted)
- k. Miscellaneous (hand or machine quilted)

23. PAPER CRAFTING

- a. Card Making
- b. Origami
- c. Quilling
- d. Scrapbooking***

24. RUG MAKING

- a. Braided
- b. Hooked
- c. Punch Needle
- d. Woven

25. WALL or DOOR HANGING

- a. Fabric
- b. Other

26. WEAVING

- a. Hand (macrame, caning)
- b. Loom

27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

**Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

*** Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.



Travel to the Heart of Amish Country in Berlin, Ohio & Holmes County

September 12-15, 2022

► **MONDAY, SEPTEMBER 12**

- 8:30 AM Leave Florence Mall by water tower. Please be on time. There will be juice/Danish on bus.
- 12:30 PM Arrive in Holmes County. Lunch on your own and shopping in Berlin.
- 3:30 PM To hotel to check in. Rest time.
- 5:30 PM Dinner buffet style at the Farmstead Restaurant
- 7:00 PM Back to Room

► **TUESDAY, SEPTEMBER 13**

- 8:30 AM Breakfast at hotel
- Walnut Street Market and Stores
- Lunch on your own
- Amish Country Tour
- Lehmans
- Dinner will be in a Amish Home

Cost per room:
 1 person- \$820.00 / ea
 2 people- \$520.00 / ea
 3 people- \$420.00 / ea
 4 people- 370.00 / ea

Includes bus, room, 3 full meals, "Josiah for President" Play, & Bus driver tip. There will be snacks, water, soft drinks and juice on the bus. One suitcase and small carry on bag per person.

► **WEDNESDAY, SEPTEMBER 14**

- 8:30 AM Breakfast at hotel
- 11:30 AM Visiting candle shop for demonstration
- Lunch at the Ohio Valley Theatre where we'll enjoy the musical "Josiah for President" an Amish farmer who accidentally becomes a candidate for president
- 4:00 PM Heini's Cheese Chalet factory: 25 varieties of cheese, free samples, smoked meats, jams & jellies plus homemade fudge
- Dinner on your own.
- Back to hotel

► **THURSDAY, SEPTEMBER 15**

- Breakfast at hotel
- 9:00-9:30 AM Luggage in hallway by 8:30AM
- Leave hotel and visit Hillshire Orchard
- Hershberger's Bakery & Farms. They have jams, jelly, baked goods and other goodies.
- Lunch on your own.
- 2:00 PM Leave for Florence
- 6:00-6:30 PM Arrive back at Florence Mall



Send check (made payable to **Boone County Extension Homemakers**) and this cut-off portion to Linda Padgett, 11307 Lakeview Dr, Union, KY 41091 by **August 8, 2022**. Questions call Linda 859-380-4321.

Name: _____ Phone: _____

Address: _____

Amount enclosed: _____ # of Roommates: _____

Roommates: _____

Car license plate number (if parking at Florence Mall overnight): _____

►► **1 SUITCASE AND 1 SMALL CARRY ON BAG PER PERSON!**

2022



University of Kentucky
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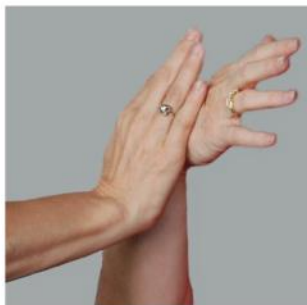
ARTHRITIS

Arthritis Foundation Exercise Program (AFEP)

This Program is a low-impact recreational exercise program and incorporates a brief educational component.

Registration is required; call the Campbell County Cooperative Extension Service at **859-572-2600** or online at campbell.ca.uky.edu

10:00 a.m. to 11:00 a.m.



Objectives:

To improve:

- Functional ability
- Self-confidence
- Self-care
- Mobility
- Muscle strength
- Coordination

To reduce:

- Fatigue
- Pain
- Stiffness



Class Schedule:

- Wednesday, October 5
- Friday October 7
- Tuesday October 11
- Thursday, October 13
- Wednesday October 19
- Friday, October 21
- Tuesday, October 25
- Thursday, October 27



Instructor: Kate Thompson, Family and Consumer Sciences Agent

Kate is an AFEP Arthritis Foundation Program Leader and is trained to lead community-based group exercise classes designed specifically for individuals with arthritis, related rheumatic diseases, or musculoskeletal conditions. The Arthritis Foundation Exercise Program is a structured group exercise class.

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

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Disabilities
accommodated
with prior notification.



Four Communication Styles to Avoid

Source: David Weisenhorn, Ph.D., Senior Specialist for Parenting and Child Development Education

All relationships can be tumultuous at times as we work to get along. Having conflict is a part of life, but doing it so the relationship changes for the better as a result takes a bit more skill. For instance, there are some responses to conflict that can put an end to the romance and possibly even an end to the relationship. Dr. John Gottman calls these responses the “Four Horsemen” as a reference to the end times in the New Testament of the Bible. His research has revealed that these responses can predict the end of a relationship.

Criticism. This is an attack on your partner’s character. It often makes the victim feel rejected and accused. Here is an example of how criticism may appear: “When you forgot to pick up the children from school, my day became increasingly more difficult, and the children were scared.” You then say, “Once again, only thinking of yourself. So self-centered that you ruined my day and the kids’ day.” We can all be critical at times, it is only when it



becomes pervasive that it allows the other, more damaging horseman to follow.

Contempt. This is an intent to be mean in our communication by being disrespectful with our language, mocking with sarcasm, or calling names. Criticism attacks your mate’s character while contempt assumes a position of moral superiority over them. Contempt is often fueled by existing negative thoughts about the partner that have gone unchecked or undiscussed.

Defensiveness. This is often a response to criticism, or when we feel unjustly accused. Becoming defensive leads to blaming others (commonly your spouse) for what

may have truly been a lack of responsibility for your actions.

Stonewalling. The fourth horseman is stonewalling which is when the listener withdraws, shuts down, and stops responding to their partner. This response is typically because of repeated criticism, contempt, and defensiveness and can quickly become a bad habit.

If you feel these responses are ones you use or see used regularly in your relationship, the first step is to recognize they are not helping. While it can be difficult to replace destructive communication patterns with healthy and productive responses, it is not impossible. Seeking a professional counselor is always a good idea if you don’t know where to start.

References

Gottman, J.M. & Silver, N., (1999). The Seven Principles for Making Marriage Work; New York: Crown Publishing

Gottman, J.M. (1994). Why Marriages Succeed or Fail. New York: Simon and Schuster



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2022

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: INVESTING BASICS: MAKING YOUR MONEY WORK FOR YOU

Investing your money wisely can help it grow over time. Like compost in a garden, investment products are tools to promote financial growth. Each product has unique value and risk. With higher risk comes the potential for higher reward (or loss). Before investing, be sure you understand the basics of each product.



TYPES OF INVESTMENT PRODUCTS

Your investment portfolio is a collection of the different financial investments you've made at any one time. A portfolio may contain a wide range of assets including real estate, art, or private and public investments. There are several types of investment products, but three common choices are stocks, bonds, and mutual funds.

- **Stocks** represent a fraction of a corporation's ownership. When you own stock, it entitles you to a percentage of the company's profits. Units of stock are called "shares." Stocks offer long-term potential for growth over time. However, stock prices can vary greatly and fluctuate with the market and economy.
- **Bonds** are one-time loans you make to the government or a company for a set period time. In exchange for your money, you receive interest payments. Bonds are generally viewed

as "safer" investments than stocks because they are less volatile, or subject to change. If the bonds are held to maturity, you may earn back the principal (i.e., the initial amount invested), plus any interest earned.

- **Mutual Funds** are professionally managed investment pools where companies invest combined money from investors into a variety of different securities like stocks and bonds. When you invest in a mutual fund, you receive income from its portfolio, or its combined holdings.

INVESTMENT CONSIDERATIONS

As you build an investment portfolio, there are different strategies you can use to generate wealth based on your personal preferences, financial situation, and willingness to take risk. There are four important considerations for investing: time, risk, diversification, and fees. Ask yourself four questions:



DO NOT INVEST MORE THAN YOU CAN AFFORD TO LOSE



- **Time.** *When do I want to invest?* Time is essential in investing. The longer you invest, the more time your money has to grow. Time also allows for fluctuations in the economy and financial market.
- **Risk.** *What amount of risk am I willing to take?* Most investments come with some risk. Consider your current financial situation and select an option that feels comfortable. Do not invest more than you can afford to lose.
- **Diversification.** *Are my investments diversified, or varied?* Diversifying your investments means spreading them out to help minimize risk. In other words, diversification is “not putting all your eggs in one basket.” If one investment doesn’t do as well as you hoped, you still have other investments to fall back on.
- **Fees.** *How much am I paying in investment fees?* Investments have fees, especially if you are paying someone else to manage investments for you. Always read all the fine print before investing and consider how fees affect your bottom dollar.

GETTING STARTED

To begin investing, think about your budget. How much money can you reasonably invest each

month after paying bills, contributing to your savings and retirement funds, etc.? Like savings accounts, investments can start small — especially while you learn to invest wisely. Also, consider how much time you can dedicate to managing your investments. Hiring a licensed professional may be a good option if you lack the knowledge or time to manage investments effectively.

You also can invest through a retirement fund. Whether through your employer or on your own, retirement funds can kickstart an investing journey. Some retirement funds allow you to manage how your money is invested. Others manage the investments for you. For more information on investing through retirement plans, visit <https://www.irs.gov/retirement-plans>.

Finally, when considering investment opportunities, always take time to learn. For a detailed guide on getting started with investing, visit <https://www.sec.gov/investor/pubs/sec-guide-to-savings-and-investing.pdf>. You also can contact the U.S. Securities and Exchange Commission (SEC) with questions at (800) SEC-0330 or at <https://www.investor.gov/>.

Contributing Student Authors: Brenden Bates and Miranda Bejda

Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: 123RF.com

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu



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ADULT HEALTH BULLETIN



AUGUST 2022

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

Campbell County Cooperative Extension Service
3500 Alexandria Pike
Highland Heights, KY 41071
859-572-2600

THIS MONTH'S TOPIC: VACCINES AREN'T JUST FOR KIDS



You might know that the basics of a healthy life include making time for regular physical activity and eating right. However, there is an important step you might be missing. You need to stay up to date with vaccines and medical care. You might not realize you need vaccines throughout your adult life. That is why, during August, we celebrate National Immunization Awareness Month (NIAM). This annual observance highlights the importance of getting recommended vaccines throughout your lifespan.

Each year, thousands of adults in the United States get sick from diseases that vaccines could have prevented. Vaccines play an important role in keeping us all healthy. Vaccines save lives by protecting us from serious diseases, such as COVID-19,

Continued on the back →



Everyone should get a flu vaccine every year before the end of October, if possible.

→ Continued from page 1

measles, and whooping cough. Therefore, it is important to know the facts about vaccines, immunization, and vaccine-preventable diseases.

Vaccines are important to your health, and here are three reasons why:

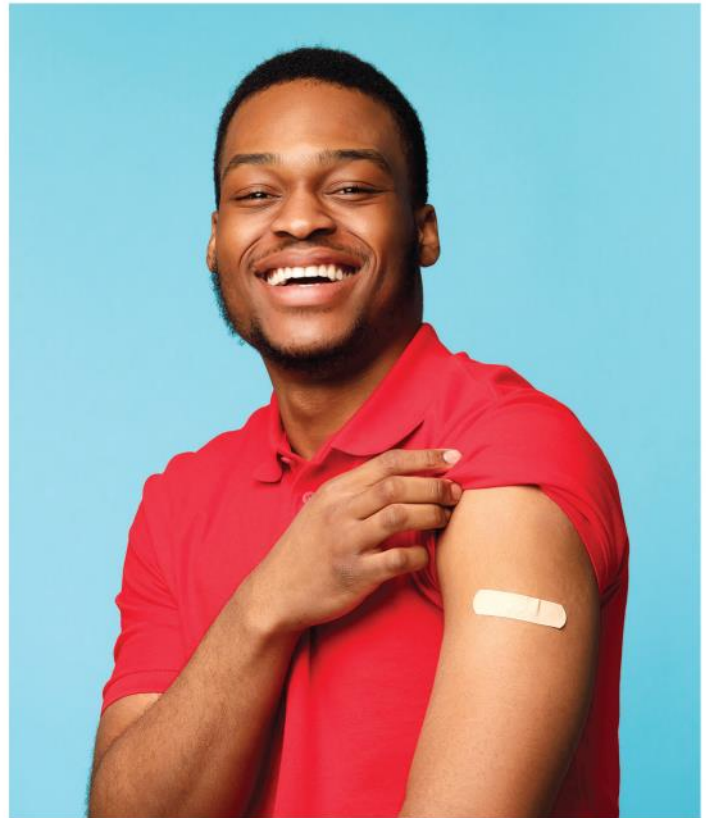
- 1. Vaccines lower your chance of getting sick.** Vaccines work with your body's natural defenses to lower the chances of getting certain diseases as well as suffering complications from these diseases.
- 2. Vaccines lower your chance of spreading certain diseases.** There are many things you want to pass on to your loved ones: a vaccine-preventable disease is not one of them. Infants, older adults, and people with weakened immune systems (like those undergoing cancer treatment) are especially vulnerable to vaccine-preventable diseases.
- 3. Vaccines are one of the safest ways to protect your health.** Vaccine side effects are usually mild and go away on their own. Severe side effects are very rare.

What vaccines do you need?

- Everyone should get a flu vaccine every year before the end of October, if possible.
- Adults need a Td/Tdap vaccine every 10 years to protect against tetanus, diphtheria, and pertussis (whooping cough).
- Healthy adults 50 years and older should get a shingles vaccine.

Adults may need other vaccines based on health conditions, their job, lifestyle, or travel habits. Based on your age, health conditions, childhood vaccines, and other factors, you may need vaccines against other illnesses such as:

- Chickenpox
- Hepatitis A
- Hepatitis B
- Human Papillomavirus (HPV)



- MMR (measles, mumps, rubella)
- Meningococcal
- Pneumococcal

If you are traveling abroad, you might need additional vaccines depending on your destination. Vaccines prevent diseases that can be very serious. All adults need vaccines to help protect themselves and others. Talk with your health-care professional to make sure you are up to date with the vaccines recommended for you.

REFERENCES:

- <https://www.cdc.gov/vaccines/growing/images/global/CDC-Growing-Up-with-Vaccines.pdf>
- <https://www.cdc.gov/vaccines/hcp/adults>
- <https://www.cdc.gov/vaccines/hcp/adults/downloads/fs-vaccines-need.pdf>

ADULT
HEALTH BULLETIN

Written by:
Dr. Natalie Jones, MPH, DrPH
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
123RF.com, Adobe Stock





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

WONDER IN NATURE

**Tuesday
August 9, 2022
10:00-11:30 a.m.**

**Registration is required,
call 859-572-2600**

Environmental Education Center
1261 Race Track Road, Alexandria, KY 41001

Join us at the Cooperative Extension Services' Environmental Education Center for nature play activities, a hike on the trails, and discover the benefits of natural play.

This program is designed for children 3-8 years old and their caregiver.



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LEXINGTON, KY 40546



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accommodated
with prior notification.

FALL
2022

Flower Buds



University of Kentucky
College of Agriculture,
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Cooperative Extension Service
Family and Consumer Sciences

A Laugh and Learn Playdate

Flower Buds meet for story time, tours of our educational gardens, an engaging activity for the child and parent or relative to make together and a light snack.

Family Time for preschoolers (age 3-5).
Older children are also
welcome to join with prior notification.

Space is limited to 20 children
plus 1 parent or relative.

Registration for each class is required
859-572-2600 or online at
campbell.ca.uky.edu



Location:

Campbell County Extension Service
3500 Alexandria Pike
Highland Heights, KY 41076

Fall 2022 Flower Buds Schedule:

10:00 a.m.-11:30 a.m

- ☐ Thursday, August 4
- ☐ Thursday, September 1
- ☐ Thursday, October 6
- ☐ Thursday, November 3
- ☐ Thursday, December 1



If you have questions, please contact Kate Thompson or Terri Turner.

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Sponsored by the Northern Kentucky Area
Extension Homemakers



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

ESSENTIAL INGREDIENTS

Baking up Leadership

Tuesday, August 30, 2022
1:00pm

Boone County Extension Enrichment Center
1824 Patrick Drive
Burlington, KY 41005

*Registration
is limited!*

Learn about...

- Baking ingredients and leadership basics
- Serving others and baking for furry friends
- Essential tools for baking and organization success
- Evaluating baked products and organizations



Register by August 19th
by calling (859) 356-3155
or visit

kenton.ca.uky.edu/content/line-class-registration
to register online

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LEXINGTON, KY 40546



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NKY Homemakers



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

Triennial Meeting

Homemakers have you covered...

October 12, 2022

Cultural Arts: 8:30-10am ♦ Program begins: 10am

**Registration deadline:
September 23rd**

\$20.00—Check Payable to:
Campbell County Extension
Homemakers Association

Mail to:
Mary Lou Vogel
P.O. Box 6
Silver Grove, KY 41085

**Event Location:
Receptions Event Center**

1379 Donaldson Hwy
Erlanger, KY 41018

Questions?
Kathy Byrnes: 859-356-3155
kathy.byrnes@uky.edu

Menu:

Chicken Parmesan with Mostaccioli
Southern Style Green Beans

Roasted Red Skin Potatoes
Tossed Salad with Dressing

Dinner Rolls and Dessert
Coffee, Iced Tea, Sodas

Guest Speaker: Rebekka Seigel
"Narrative Quilts"



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