Greetings Homemakers:
The Pennyrile Area Homemakers Cultural Arts Day will be held on March 7th at the UK Research Center in Princeton. Livingston County’s duty for the day includes having 2-3 ladies attend to help during the viewing time following the judging hour. If you can attend and help in doing this from 12:00-1:30 that day please call and let me know, I would GREATLY appreciate it. There will be a food truck on site for lunch and a jewelry making workshop that day. I would like lots of you to enter items in this event! If you cannot attend but want to enter some things you have personally made this year, drop them by the office before March 6 and I will take them myself on your behalf. There is a category for nearly every craft I can think of so bring as many items as you’d like!

Livingston County has been selected as one of fifteen counties in Kentucky to participate in the pilot program of AARP’s Prepare to Care curriculum. This is quite an honor and if well attended we may have the opportunity in the future to have these newly developed workshops in our county before anyone else! With that being said, the Extension Office is responsible for having at least 15 people take part in the session before June 30th so, I would love any of you who have been a care taker in the past or will assume that role in the future to help by taking part in this. Sharing experiences and learning from others is a great way to bring awareness to this rising issue of care taking as people are living longer. Take a look at the flyer attached and let me know if you would be willing to take part in one of the 60 minute sessions.

In closing, I want to bring your attention to the Kentucky Extension Homemaker Association Annual Meeting that will be held in Owensboro, KY the first week of May. It is rare for this event to be held in our end of the state and I hope some of you will seize this opportunity to attend. If you would like me to mail you an informational packet and registration information call me.

Joyfully Yours,

Morgan Rousseau
CEA for Family & Consumer Sciences

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**Block of the Month**

**Farm Girl Vintage Series**

At the March BOM club we will complete the Milking Day (p.45), Old Glory (p.47), Old Red Barn (p.48), and blocks. Pre-cutting your fabrics is optional but recommended. Patterns are provided for those who do not own the book.

**THURSDAY MARCH 16TH**

**9:00 A.M. — 3:00 P.M.**

Meets at Livingston Extension Office in Smithland, KY
Livingston Homemakers Asked to Showcase Recent Heritage Arts and Handiworks Projects

The Penryile Area Cultural Arts Showcase will be held Tuesday March 7, 2017 at the Princeton UK Research Center. Homemakers from the Penryile Area (Caldwell, Christian, Crittenden, Livingston, Lyon, Trigg, Hopkins, and Todd counties) are asked to enter various crafting, sewing, and heritage arts projects to be displayed. Judges will award ribbons in nearly 50 categories. Winning entries will advance to the KY Homemakers Cultural Arts Showcase to be held in Owensboro at the 2-17 Annual KEHA State Conference in May.

During the judging period homemakers are invited to take a wire wrapped jewelry class for $8 and get to “make and take” a beautiful stone bangle bracelet. A food truck will be on site for lunch this day. All exhibits will be on display after judging to allow ladies to see the different skills and projects homemakers in Western Kentucky are taking part in. If you are unable to attend the showcase your county extension agent will take and enter your items on your behalf for judging. (Call Morgan for more details)

Reminder: If you want Morgan to take your items to the event please deliver them to the extension office by 2:00 p.m. on Monday March 6th.

Sewing • Quilting • Basket Weaving • Painting • Knitting • Crochet • Woodworking • Embroidery
Holiday Crafts • Ceramics • Recycled Art • Jewelry • Rug Making • Apparel • Sculpture

911: Things to Know Before You Dial
Source: Nicole Peritore, Senior Extension Specialist

We all know to call 911 to report life-threatening emergencies, but knowing what to say to a dispatcher can help increase police, fire or EMT response time, which in some situations can save a life. When calling 911, try to stay calm and answer questions to the best of your ability. Answer loudly, and answer clearly. Dispatchers are trained to ask certain questions to help them best assess a situation. Be sure to describe your location to the best of our ability with either a street address, intersection or landmarks to help emergency personnel locate you. Remember, when calling from a cell phone, the 911 call center that answers your call may not be the one that services your area, so know which city and county you are in. Remain on the phone until the dispatcher says you can hang up.

If you accidentally dial 911, stay on the line to tell the dispatcher you made a mistake and there is no emergency. Otherwise, the dispatcher will have to call you back, or they may send emergency personnel to your location to see if there is an issue. Do not prank call 911 and stress this to children and teens in your care. Never call 911 for non-life threatening emergencies. This number is not the place to get information, directory assistance or pay traffic tickets. Also, do not call this number to report a medical problem with one of your animals. More safety tips are available through the Livingston County Extension office.
Pins & Needles Sewing Club
Preschool Pretend Play Clothes
THURSDAY MARCH 9TH
9:00-1:00 P.M.

We have been asked to help with making imaginative play clothes to assist in the opening of the three new daycare classes at Livingston Elementary Schools. Due to high demand and minimal funding the new daycares are in need of dress up clothes for the children. At our March meeting on March 9th we will use our regular sewing time to come together to make small aprons from fat quarters and superhero capes. Bring your sewing supplies and machines, but all fabric has been donated for this class. Call Morgan to RSVP or with questions 270-928-2168.

Save the Date!
2017 KEHA State Meeting
May 1-4, 2017

- Hear Tim Farmer of KET’s Tim Farmer’s Country Kitchen at the Opening Banquet.
- Enjoy a performance by the KEHA Choir.
- Attend a variety of learning and training sessions.
- Visit with friends and network with KEHA members from across the state.
- Participate in the Quilt Square Showcase.
- Enjoy tours & hands-on sessions.
- Explore Owensboro.
- Learn, laugh and have fun!

Registration details will be included in the KEHA State Newsletter in February 2017!
One day and full registration options will be available.

Kentucky Extension Homemaker Suggested Book List—Spring 2017

The Magic Strings of Frankie Presto. Album, Mitch. 2015. Mitch Album creates his most unforgettable fictional character – Frankie Presto. In this magical novel about the greatest guitarist and the power of talent to change our lives.

5 Napkin Notes. Callaghan, Garth. 2014. A memoir by a cancer stricken man who decides he needs to share life’s lessons with his young daughter. He begins writing napkin notes to include in her lunch. He has written 826 notes – enough to last her through high school.

The Crafted Garden: Stylish Projects Inspired by Nature. Curley, Louise. 2015. This book relies on home-grown and foraged plant material to open up the imagination and capture seasonality, whether that’s to add a touch of individuality to a dinner party or for making the perfect housewarming gift.

Rock With Wings. Hillerman, Anne H. 2015. The Navajo Tribal police solve a mystery on the reservation involving mysterious dirt and solar panels mixed with Native American culture.

Where All Light Tends To Go. Joy, David. 2015. Set in North Carolina’s Appalachian Mountains, eighteen-year-old Jacob McNeely is torn between appeasing his meth-dealing kingpin father and leaving the mountains forever with the girl he loves.

Mademoiselle Chanel. Gortner, C.W. 2015. A reimagining of the life of iconic fashion designer Coco Chanel traces the development of her exceptional sewing skills in an orphanage, her transformation into a couturier, and the private struggles behind her subsequent fame.

Farmed and Dangerous. Maxwell, Edith. 2015. Quirky characters and lots of organic farming tips make this well-developed mystery even more interesting.
Pennyville Homemakers Spring Seminar

International Day
APRIL 21, 2017
$12 REGISTRATION

Speakers About Travels To...
China  Czech Republic  Haiti  Ghana  Germany

Catered Pasta Lunch & Tacky Tourist Contest
Held at UK Research Center in Princeton, KY

Registration

Name: ____________________________ County: ____________________________

Address: ____________________________ Phone: ____________________________

Registration due by Friday April 7, 2017. Detach and return registration slip with payment to your local extension office. On day of event, please note that doors do not open until 9:30 a.m. for registration. Keynote speaker starts at 10:00 a.m. For questions please call Livingston County Extension Office at 270-928-2168.
Pinterest Club

DRIFTWOOD INITIAL DOOR HANGER

THURS. MARCH 16  5:30 P.M.  OR  THURS. MARCH 23  2:00 P.M.

Please Note:

Class is held at the Livingston County Extension Office in Smithland, KY. Due to materials needed and space, class size is limited to 15 participants in each session. Attendance is reserved first for dues paying Pinterest Club homemakers but ALL guests & friends are welcome to attend for $3 class fee. Participants are highly encouraged to bring their own glue guns and extra skinny driftwood pieces or sticks they like the coloring of if possible. Everyone who plans to attend must RSVP by calling 270-928-2168 by Tuesday March 14th so supplies and tools can be gathered/prepared.
PREPARE TO CARE

PURPOSE:
For previous, current, and future care givers to better meet needs of your loved one, help in developing a plan of care, and creating dialogue about end of life decision-making. Be equipped with take-home materials to help execute a care plan and be prepared for unexpected life events. Join in this pilot workshop that examines the effectiveness of AARP’s Prepare to Care program and better understand the importance of & duties associated with being a caregiver.

TIMES/LOCATIONS:
Livingston Cooperative Extension Office
Monday April 3, 2017
10:00 a.m.

Grand Rivers Community Center
Wednesday April 5, 2017
10:30 a.m.

RSVP:
270-928-2168
Please note: session must have 4 or more attendees or will be cancelled due to lack of interest.

FACILITATORS NOTE:
This pilot program is seeking Livingston County residents who have served in care giving roles previously or will take on that role for a loved one in the near future. Participants will be asked to complete a survey about their experiences.