

January 2024

FCS & Homemaker newsletter



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

Cooperative Extension Service
Graves County
4200 State Route 45 N
Mayfield KY, 42066
270-247-2334

Mondays	10am Crochet Club, no crochet club Jan 1st or Jan 15th
January 1	office closed for New Year's Day 
January 4	1:00pm Book Club meeting at the Extension Office
January 4	5-7pm Tamale cooking class (class is full)
January 10	10am TLC Club Meeting
January 10	1pm Friendship Club Meeting
January 11	10am Community Club Meeting
January 11	5:30 Adult Sewing
January 15	office closed for Martin Luther King, Jr. Day
January 18	10:00am & 5:30pm Greeting Card make & take
January 22	6pm Sourdough class with First Rise (class is full)
January 23	10am Graves County Homemaker Advisory Council Meeting
January 30	10am Elements and Principles of Art
February 1	1:00pm Book Club meeting at the Extension Office

Happy New Year! I hope everyone had a very merry Christmas and you are ready for a great New Year! Even though our “year” begins in July, it’s never too late to set goals. One way to set goals is to use the “SMART” method; let’s see if we can make that work for us.

S—Specific—Make your goal specific and narrow for more effective planning. For us, our goal might be to make sure we attend each club meeting. Or it may be that we would choose a role where we can help our local or county club more. For example, if there is a leadership or office opening, we may make it our goal to fill that opening.

M—Measurable—Make sure your goal and progress are measurable. Set an outcome for your goal. I find we can measure our goals better if we write them down. “I am going to attend all meetings this year.” If you write it down, then you can check yourself, as time goes on, to see if you meet the goal each month.

A—Achievable—Make sure you can reasonably accomplish your goal within a certain time frame. If you set the goal of being present at all meetings, but you know that every other month you have a conflict where you can’t attend, that goal may not be achievable. Choose another goal instead. Maybe you will set the goal of keeping up to date on the KEHA website each month. Or if you are an Education Chairman, you might set the goal of stressing one part of your Program of Work each month to your club.

R—Relevant—Your goal should align with your values and long-term objectives. We need to make sure our goal is relevant to KEHA. If you set a goal of learning one new fact a week, that may not be relevant to homemakers. But, if you are an education chairman, you might set a goal of sharing one part of your Program of Work.

T—Time-based—Set a realistic, but ambitious, end date to clarify task prioritization and increase motivation. Of course, KEHA has its own end date, July 1. But perhaps your goal was to become an officer for your club or for the county. Our county has a three-year limit with an additional three years if the person agrees to serve. If we stick by these limits, we do not “overwork” any one person.

I know this is a much different article than I usually write, but I think sometimes we need to see what research tells us work! We have many opportunities for you to be an active part of GCEH. There will be county offices coming up soon that will need someone to volunteer. We need members to step up to present the monthly lessons. We can use volunteers when we have catering opportunities. We need members to help at Taste of Graves County (and wow did we have members step up this year!). So, there’s no end to “jobs” available on our local level.

Maybe as you are setting your own personal goals, you might look at setting Homemaker goals, too. Again, Happy 2024!!! May this be our best year ever.

Cooperative Extension Service

Agriculture and Natural Resources
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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

GRAVES COUNTY HOMEMAKER ADVISORY COUNCIL MEETING

January 23, 10am

Friendship Club-devotion

All county officers, educational
chairmen & club presidents are on the
council.

Anyone is invited to attend!



BOOK CLUB

The first homemaker book
club meeting will be
January 4th at 1pm at the
Extension office.

If you would like join, or
have questions about the
book club please contact Vi
Kibler 217-278-9161 or email
gemr9619@gmail.com

ELEMENTS AND PRINCIPLES OF ART WITH VICKI WYNN

JANUARY 30TH, 10AM

Whether it is a drawing, painting,
photograph, or even a scrapbook
page, what makes this 2-Dimensional
“work of art” visually pleasing? Why do
we like what we see? The basic
elements and principles of art and
design influence how we perceive
objects.

PURCHASE AREA ANNUAL DAY GRAVES COUNTY EXTENSION

OFFICE

MARCH 1, 2024

9AM-2PM

Registration deadline
February 1st

\$12 lunch catered by Cindy's Kitchen

Craft class #1
Torn paper landscape
cost \$6

Craft class #2
“Home” lighted decor
cost \$12

There is only a cost if you want to
purchase a lunch or sign up for a
craft. Entering items/exhibits is free!

Registration forms, tags & exhibit
categories & rules pages are
available for pick up at the Extension
office.

HAPPY
New Year



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