

Extension Workshops

(Continued from Page B20)

Participants should bring the following supplies to the first class: 1/4" grid graph paper, 2 sheets fine grade sand paper, pencils, ruler and eraser, fine point pen, paper scissors, rubber cement, 2 sheets of tissue paper, 1 manilla folder or piece of oak tag.

Workshop #12- 6:30-9:00 p.m., September 28, October 3, 12, 19, 26, November 9, 16, 23.

The Heart Of Curved Piecing- If you like the look of the log cabin quilt pattern, you'll be eager to piece this heart block. It is composed of bias cut pieces of fabric, joined to diagonally set blocks chaining through the center of the heart. The bias piecing makes this a challenging block.

During this 3-hour class, you will piece one block, then inset it into a square piece of fabric. Intermediate sewing skills are absolutely necessary. Ideas for using this block in creative ways will be presented.

Supplies needed for class: sewing machine; extension cord; sewing and cutting supplies; iron and mat; 3/8 yard of a solid, 100% cotton fabric; 8-10 pieces of coordinated cotton calicoes (5"x10" each sufficient); rubber cement; paper

scissors. Class Limit: 15. INSTRUCTOR: Donna Lucidi-Nachwostach. Cost: \$12.50 includes \$3.00 for pattern).

Workshop #13- 6:30 p.m.-9:30 a.m., October 18.

Traditional Finishes For Quilts- Put an end to the frustrations and puzzlements of quilt borders and binding. Learn the traditional techniques that can give your quilt a classic ending, and also some updated ideas for bindings with flair.

In this class, you will prepare a ample notebook of: a mitered border corner; a butted border corner; a wrapped binding; continuous binding; double bias binding applied to a straight edge and a curved edge; mitered binding corners; prairie points and a ruffled edging. The samples will be yours to refer to as needed in future quilt projects.

This class is for the person with some quilt-making experience, but who needs more instruction on ending the quilt.

Samples will be prepared in class, so a sewing machine is necessary. A supply list will be sent prior to the first class. A minimal supply fee will be requested at the first class, to cover cost of

handouts. Class Limit: 12. INSTRUCTOR: Donna Lucidi-Nachwostach. Cost: \$12.00.

Workshop #14- 6:30 p.m.-9:30 p.m., November 1 and 8.

Family Strengths

Family Time- Seasonal activity packs for families with children 2-3, 4-6 and 7-8 years of age. There are four packets in each age group -- winter, spring, summer and fall. Included in your first issue are the directions for the 26 item activity box. One age group set costs \$2.00.

Registration Deadline- October 14.

Your New Life Alone- If you are newly widowed, separated or divorced, you may be managing many new things for the first time. You may be lonely or concerned about the safety of living alone. Your New Life Alone is a series of six newsletters containing information on grieving, money decisions, personal security, stress, and how to select lawyers and accountants, etc. who will meet your needs. All names will be kept confidential. Cost: \$2.00.

Registration deadline- October 14.

Celebrate Your Family/Teens- This program consists of six newsletters mailed to parents of

teens. It is a strengthen your family program with many activities designed for families with teenagers. Some of the topics include myths about teenagers, parenting style and making rules. Cost: \$2.00.

Registration deadline- October 14.

Celebrate Your Marriage- This program consists of six newsletters mailed to your home. It is a Strengthen Your Family program with many activities for middle-age couples. The program will help husbands and wives grow stronger in their marriage during the mid-life years. Cost: \$2.00.

Registration deadline - October 14.

Housing Window Treatments: Part 1 Considering The Options- This class will attempt to describe some of the many options available in treating windows. Advantages and disadvantages of each treatment will be discussed. The cost of doing it yourself will be compared to the same job done professionally. Class Limit: 15. INSTRUCTORS: Mary Lou Ellsworth and Shirley Shaheen - Master Clothing and Textile Volunteers. Cost: \$5.00.

Workshop #15 - 1:00 p.m.-3:00 p.m., October 18.

Workshop #16 - 7:00 p.m.-9:00 p.m., October 18.

Window Treatments: Part 2 - People attending Window Treatments Part 1 will be asked what types of window treatments they would like to learn more about. If there are several people who want to learn about one or possibly two related types of window treatments, Part 2 will consist of demonstrations and additional information about making that particular type. Class Limit: 15. INSTRUCTORS: Mary Lou Ellsworth and Shirley Shaheen - Master Clothing and Textile Volunteers. Cost: \$5.00.

Workshop #17 - 1:00 p.m.-3:00 p.m., November 10.

Workshop #18 - 7:00 p.m.-9:00 p.m., November 10.

I have developed the following programs for 1988-89. If you would like me to speak to a group or organization you belong to, please call me at the Extension Office (394-6851).

1. "A Change Of Plate" - How to reduce fat and calories when choosing and using meat.

2. "Calcium For The Prime Of Life" - The rule of calcium throughout the lifecycle; the amount of calcium we need and how to plan our diets to ensure that we get the calcium we need.

3. "Market Basket '89" - How to be an informed consumer in the supermarket.

4. "Making Visits Count" - A program for family members of nursing home residents. It's purpose is to increase the meaning and enjoyment of visits for the resident and visitor. Most of the program content is also relevant to friends, neighbors and volunteers who visit

residents.

5. "Your Very Important Papers" - Which personal papers and family records should be saved and where they should be kept.

6. "Manage Your Way To A Better Day" - Time management.

7. "Food Safety Is No Mystery" - How to prevent food poisoning with proper handling.

Christmas In October

The dates for our 1988 Christmas In October Programs are October 24 and 25. The schedule for each of the two days will be as follows:

9:00 a.m.- "Among The Pines and Vines" - Presented by Sue Miller.

Among the pines and vines of the woods, away from the noise of the city, the spirit of Father Christmas can be felt. A collection of trees and decorations made of natural materials will be presented, along with ideas combining the gentle charm of Olde World Santas.

10:00 a.m.- "Healthy Festive Holiday Foods" - Presented by Doris W. Thomas, Extension Home Economist.

Entertaining is an important part of the holiday season. Doris will present festive holiday foods that are low in calories, sodium and fat.

10:45 a.m.- Break.

11:15 a.m.- "Just In Time For Christmas" - Presented by Sherry Kalbach.

Sherry's back with a brand new collection of projects you can create. Her ideas are easy, quick, inexpensive and fun. Find out how to make decorations, gifts, ornaments and more. Involve your family members. (Find out what she's done with the 46 left-over necktie halves from last year!) Make some memories...just in time for Christmas!

12:15 noon - Lunch.

1:15 p.m. - "A Medley Of Christmas Arrangements" - Presented by Bonnie Livezey from Fun With Flowers.

Bonnie will demonstrate ideas for holiday decorations using fresh greens and flowers.

Coffee, tea and snacks will be available when you arrive and during the morning break. Lunch will be served by members from many of our Lancaster County Farm Women Societies. You may have Salad Bar, Dessert and Beverage or Homemade Soup, Sandwich, Salad, Dessert and Beverage. Please indicate your choice on the registration form. Also tell us which day you plan to attend. Cost for the day is \$10.00 (this includes \$4.25 for lunch).

To facilitate mailing and handling of tickets, please include a self-addressed, stamped envelope with your registration.

Where trade names are used, no discrimination is intended, and no endorsement by the Cooperative Extension Service is implied.

REGISTRATION FORM

Please complete a separate form for each workshop or meeting you plan to attend and return to Fall Workshops, Cooperative Extension Service, 1383 Arcadia Road, Room 1, Lancaster, PA 17601. Duplicate forms may be written on a plain piece of paper.

Workshop Title _____

_____ # _____

Cost _____

Name _____

Address _____

Phone (Home) _____

(Work) _____



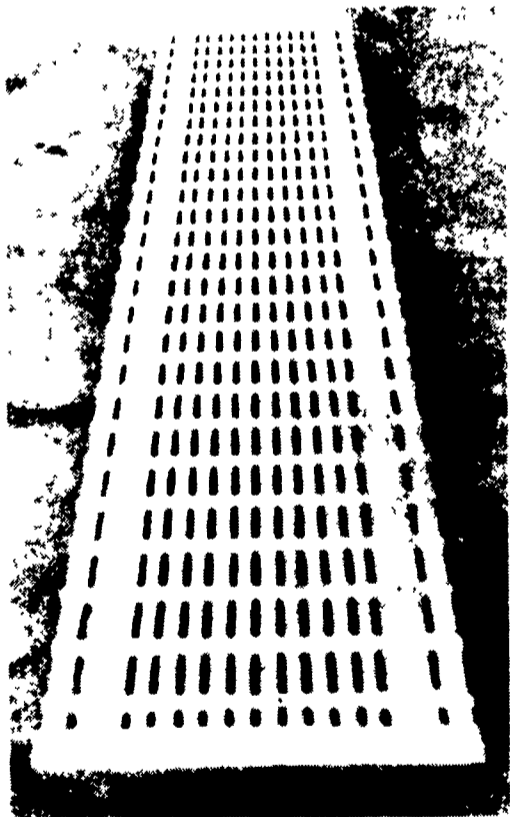
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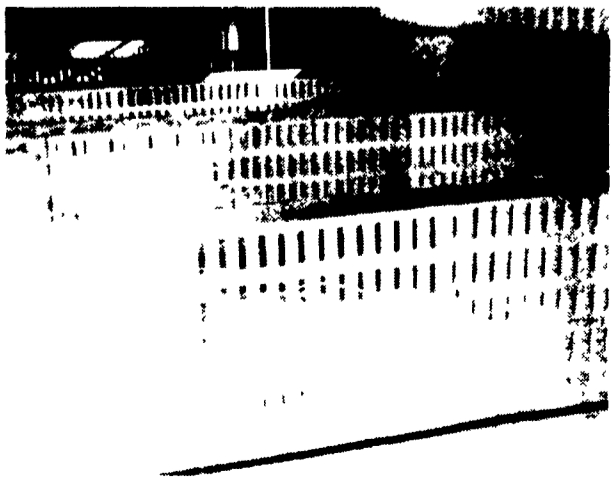
Concrete Gang Slats for Hogs



- Less stress on animals feet & legs with waffle design.
- Percentage of open area 21%
- 7,500 P.S.I. dry cast. Steam cured concrete for long life.
- Large percentage of opening keeps slats clean and dry.
- Waffle Deck can be undercut to 1 1/2" thickness so it can replace existing steel slatted areas
- Can be carried into existing barns. Weight only 18 lb./sq. ft.

Sizes available	2' wide x 3' long
4' wide x 4' long	2' wide x 4' long
4' wide x 5' long	2' wide x 5' long
4' wide x 6' long	2' wide x 6' long
4' wide x 7' long	2' wide x 7' long
4' wide x 8' long	2' wide x 8' long
4' wide x 10' long	2' wide x 9' long
4' wide x 12' long	2' wide x 10' long

Concrete Hog Penning



- Available in sizes: 48" wide x 42" high x 1 1/2" thick (Solid 24"x42" high) or 48" wide x 36" high x 1 1/2" thick (Solid 24"x36" high)
- Easily installed in new or existing barn, each piece can be carried into barn.
- Panels are set into P.V.C. channel which is anchored to the floor or slats. This material is provided in all areas where panels contact the floor.
- Openings in panels allow for excellent ventilation.
- 1 1/2" thick panels are available in completely solid or slotted design or 1/2" & 3/4".
- Ideal for replacing existing steel penning.
- Gates can be attached to steel channel that fits on top and ends of all concrete panels.