

Homemakers F&CS



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

Gallatin County
395 US Hwy 42 West,
PO Box 805
Warsaw, KY 41095
(859) 567-5481
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FAMILY & CONSUMER SCIENCES - EXTENSION HOMEMAKER NEWSLETTER

AUGUST 2023

Thoughts from Ronda...

I hope you all are enjoying your summer as much as I am. I am doing a lot of reports and planning at this time of year. There is a great deal coming our way this Fall. I hope you plan on joining in if you are not already involved.

First up is our Annual Homemaker Ice Cream Social on August 21st at 7:00 p.m. We entertained many members of the community last year and look forward to doing the same this year. Come join us in making and eating some delicious homemade ice cream. YAY! Look for the flyer in this newsletter.

Second is our Homemaker County Annual Meeting on September 19 at 6:00 p.m. with our Cultural Arts event on the same day with items check-in beginning at 10:00 a.m. Judging will take place at 1:00 p.m. on the 19th as well. Bring your items that you have created within the last 2 years to be submitted. You must be a member of Extension Homemakers in order to submit. Homemaker Dues are \$10.00. A flyer and list of the Cultural Arts categories are included in this newsletter. Registration for the evening meeting is required and needed for the food count.

Third, the Gallatin County Homemakers are hosting the Area Annual Homemaker Meeting this year on October 18th at 10:00 am. We are hosting this meeting at the Boone County Enrichment Center at 1824 Patrick Drive in Burlington (next to the Boone County Extension Office). You can locate the flyer in this newsletter as registration is required and needed for the food count. The Gallatin County Extension Office is taking the registrations for the meeting.

Two other events to remember are: State Fair Day (August 22nd) and the Ovarian Cancer Screening Day (July 26th). Contact Mary Jane Day for the details for both events.

And the final announcement/reminder is to look for classes that will be offered at the Extension Office in your upcoming newsletters. Join us for some educational and fun classes!

Until next month, enjoy Summer and Be Safe!

Ronda Rex
Co. Extension Agent for Family & Consumer Sciences

Upcoming Dates to Remember

August 8—9 am—4 pm—The Quilt Club will meet at the Extension Office.

August 8—6:00 pm—The Napoleon Homemakers will meet at Zalla Lodge.

August 17-27—Kentucky State Fair

August 21—7:00 pm—Ice Cream Social—See enclosed Flyer.

September 4—Labor Day—The Office will be closed.

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Homemaker of the Year Nominations

Submit your nominations for Homemaker of the Year to the Extension Office by August 18th.

If you have any questions, do not hesitate to give us a call!

Airport Ribbon Cutting



The Gallatin County Homemakers provided refreshments for the Gallatin County Regional Airport Ribbon Cutting Ceremony held on June 28th. Governor Andy Brashear was present as well as local and state officials to be a part of the morning.

Recipe of the Month

Skillet Pork Chops with Peaches

Ingredients:

1 Tbsp. Oil
4 center cut pork chops (about 1/2" thick), trim visible fat
1/2 tsp. garlic powder
1/2 tsp. salt
1/4 tsp. ground black pepper
1 Tbsp. butter
2 cups diced, canned peaches, drained
2 Tbsp. Apple cider vinegar
2 Tbsp. sugar

- ◆ Boneless pork loin chops can also be used in this recipe.
- ◆ Fresh in-season or frozen peaches may be substituted for canned peaches.

Directions:

- Wash hands with warm water and soap, scrubbing for at least 20 seconds.
- If using fresh peaches, wash under cool running water, gently rubbing the skin. Dry. Dice for the recipe.
- Heat a large skillet over medium-high heat. Add oil.
- Season pork chops with garlic powder, salt and black pepper. Add to pan.
- Rewash hands after handling raw meat.
- Brown both sides of pork chops, cooking until the meat reaches an internal temperature of 145 degrees F as measured on a meat thermometer. Remove from pan to rest.
- Return skillet to the stove and increase heat to high. Add butter, peaches, apple cider vinegar, and sugar. Cook quickly, stirring often, allowing peaches to turn slightly brown and sauce to thicken. (about 2 to 4 minutes)
- Return pork chops to the pan with peaches and continue cooking until the mixture coats the pork chops (about 2 to 3 minutes).
- Serve each pork chop topped with peaches.
- Refrigerate leftovers within two hours.

Makes 4 servings

Serving Size: 1 pork chop

Cost per recipe: \$ 7.78

Cost per serving: \$ 1.95

Nutrition facts per serving: 280 calories; 10g total fat; 3g saturated fat; 0g trans fat; 70mg cholesterol; 400mg sodium; 21g total carbohydrate; 2g dietary fiber; 19g total sugars; 6g added sugars; 28g protein; 6% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

Source: Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service



Sponsored by the Gallatin County Homemakers

Save the Date!



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Gallatin County
395 US Highway 42 West
PO Box 805
Warsaw, KY 41095-0805
(859) 567-5481
Fax: (859) 567-5432
Gallatin.ca.uky.edu

Monday

August 21, 2023

7:00 p.m.

at the

Gallatin Co. Extension Office

395 US 42 West

Warsaw, KY

Just as the topping on an ice cream sundae makes something good even better, Extension Homemakers give the extra that makes our community extra special.

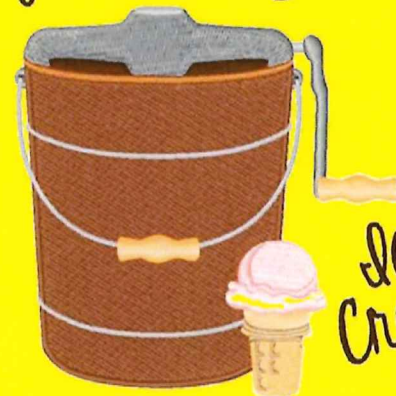
Join us as we kick off another Extension Homemaker year with an Ice Cream Social! Stop by Extension Office with your family to meet and mingle with other Extension Homemakers and enjoy homemade ice cream. While you are here you can pay your yearly homemaker dues.

Dues for the 2023-2024 year are only \$10.00.

Our goal is to increase our Homemaker membership. Invite a daughter, neighbor, and friend to join Homemakers and bring them with you to the Ice Cream Social!

Call us at 567-5481 if you have questions about the Ice Cream Social, or how to join Gallatin County Extension Homemakers.

Homemade



Ice Cream



The Gallatin County Homemakers will be accepting donations for the Fisher House which is a project we support for Veterans. Homemakers will be accepting donations of Grab-n-Go meals, water and disinfectant wipes for August, September and October.

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LEXINGTON, KY 40546



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Fall with Friends!

Annual Meeting

September 19, 2023—6:00 pm



Guest Speaker:

Brandon Terrell

Cultural Arts Entries

9 am—1 pm

(Judging at 1 pm)

Dinner will be provided. Menu: Fried Chicken, Meat Loaf, Mashed Potatoes, Green Beans, Rolls, Sweet & Unsweet Tea, Lemonade and Coffee. Homemakers are asked to bring desserts. Reservations are due no later than September 12th.

Call (859) 567-5481 to reserve your spot!

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CULTURAL ARTS EXHIBIT

CULTURAL ARTS EXHIBIT RULES

All Extension Homemakers are encouraged to submit “original” items for competition in state exhibits.

Each article must be the work of an Extension Homemaker member and must have been completed during the past 2 years.

BLUE Ribbon and PURPLE Ribbon winners from previous years in each category or subcategory are not eligible for entry in another KEHA cultural arts contest.

Areas may exhibit one item from each category and/or subcategory (maximum number is 94 for 2023-2024).

Identification of item should be on tag provided by state and attached to exhibit.

The exhibitor and/or their representative is responsible for transporting exhibits to and from the state meeting.

Should a KEHA member who is in good standing happen to pass away before a qualified entry can advance to the next level of judging (county to area, area to state), the deceased member’s entry will remain eligible, and the club/county will have the option to enter it at the next level.

Each exhibitor must provide their own materials to properly display their item. Tape and nails cannot be used on the walls. If items are best displayed vertically, please provide an easel or means of hanging exhibit from the wall. All items used for display should be labeled with exhibitor name.

Entries will be exhibited by category. Entries will be judged by subcategory when indicated. **Exhibitor is responsible for category/subcategory determination.**

Extreme care should be taken at the county and area level to place entries in the correct category. Entries entered in the wrong category will be moved to the correct category, if possible. Entries entered in the wrong category, where there is no correct category available or where there is already another entry, will be disqualified.

Blue ribbons are awarded for high quality work, the number depending on the quality of the entries. A championship purple ribbon is awarded to best of the blue ribbon entries in each category.

All exhibits must remain displayed throughout the duration of the Cultural Arts Exhibit. In the case of an emergency, items may be removed only on approval of the state Cultural Arts Chairman.

Neither the Kentucky Extension Homemakers Association nor the University of Kentucky will be responsible for any lost, misplaced or broken items. We do not anticipate any misfortune, but this disclaimer must be clearly understood by all exhibitors. Please label any easels, picture stands, hangers, or other display equipment.

The exhibits will be hosted at all times the exhibit is open. Additional security will be provided when necessary.

If categories are to be eliminated, there will be a one-year notice.

Handbook 43
June 2023

2023-2024 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
- d. 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

2023-2024 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

15. JEWELRY

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

16. KNITTING (HAND – with knitting needles)

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

17. KNITTING (OTHER – machine / loom)

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 (mounted or framed) **

- a. Black & White
- b. Color

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)

22. QUILTS*** (continued)

- 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 (includes pin weaving)

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.

** Photographs should be either mounted and/or in a frame – MATTING and/or GLASS is OPTIONAL

***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.



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Fall Flannel Fradition!

Northern Kentucky Area Homemakers 2023 Annual Meeting

*Tyler Mullins,
Gallatin County
Musician, will play
his favorite musical
selections during the
luncheon...*



*Keynote Speaker:
Melody Stafford

Sharing some of her
humorous Life Lessons*

Schedule of Events:

8:30 am—10:00 am
*Registration, Cultural Arts
Check-in & Silent Auction*

10:00 am—Meeting

Keynote Speaker
Melody Stafford
*"Capturing Life's Funny
Moments"*

Menu

Salad, Fried Chicken, Meat
Loaf, Mashed Potatoes,
Green Beans, Rolls, Brownie/
Cookies, Sweet Tea, Unsweet
Tea, Lemonade and Coffee

October 18, 2023

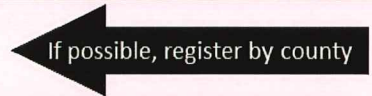
Boone County Enrichment Center

1824 Patrick Dr., Burlington, Ky 41005

10:00 am—2:00 p.m.

Make your check payable to: Gallatin County Homemakers

Mail to: Gallatin County Extension Office, PO Box 805, Warsaw, KY 41095-0805



**Reservations due by
October 6, 2023**

**Cost:
\$20.00**

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____ County: _____

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

THIS MONTH'S TOPIC: WAYS TO SAVE ON BACK-TO-SCHOOL

Sales ads and store shelves are now displaying backpacks, pens, sneakers, and tech. It's the time of year kids start asking for new gear for school. The costs of most goods and services have risen in recent years, and school supplies are no exception. The Consumer Price Index for the Southern Region shows that generally prices peaked last summer, but overall, the cost of goods is still high.

Back-to-school shoppers plan to stretch their dollars spent on supplies, clothes, shoes, and electronics in several ways, according to a recent National Retail Federation survey. Some will compare prices online before buying (45%). Others will shop sales (45%), buy generic or store brand products (39%), or use coupons (27%). The following tips provide more cost-saving suggestions.

BEFORE YOU SHOP

After you've received a list of the school supplies your child will need this year, take an inventory of the supplies you already have before heading out to buy new items. You might be able to use some of last year's supplies, such as backpacks, calculators, rulers, folders, and more.

Look through your child's clothing and shoes to see what fits and what you need to replace. Be sure to check the school's dress code to make sure your



clothing choices match the school's policies. If your children have outgrown anything, consider selling gently used clothing to a consignment store for cash or store credit.

If your household budget is tight, contact your school's Family Resource or Youth Services Center to see if there are local school supply drives planned in your community. Or consider having a clothing or "supply swap" with other families you know with similarly aged children.

Once you have inventoried your needs, make a shopping list. Put the most critical items at the top of the list. Talk to your kids about the difference between wants and needs. Sometimes we can't have both, and needs must come first.

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TRY TO SHOP RETAILERS WHO OFFER DISCOUNTS, ACCEPT COUPONS, OR HAVE CUSTOMER LOYALTY PROGRAMS.



AT THE STORE

In preparing to shop, consider your budget. Back-to-school expenses are probably not part of your regular monthly budget. Where might this occasional expense fit into your plans? You might not have to buy some items right away, such as winter coats or clothes. You can work those into a later month's budget if needed.

Compare prices online before shopping, especially for more expensive items such as technology. Try to shop retailers who offer discounts, accept coupons, or have customer loyalty programs. Also, hang on to your receipts in case your children don't use the supplies and you can return them.

STICK TO YOUR LIST

Colorful displays and marketing can be enticing, but it is better to stay within budget and stick to your list. Start with what your child needs most.

If they shop with you, perhaps set aside a designated amount that they can spend on a special item of their choice. For smaller items, it can be cheaper to buy in bulk, especially if you can split the cost with another family or if they are staple items you can put aside for next year, such as paper, pencils, or other goods. If your child's school requires a reading list, consider using the local library. Or talk with students from the grade ahead, who might be willing to lend or sell the books they read last year.

REFERENCES:

National Retail Federation. (2023). <https://nrf.com/insights/holiday-and-seasonal-trends/back-to-school>

U.S. Bureau of Labor Statistics. (2023). https://www.bls.gov/regions/southeast/news-release/consumerpriceindex_south.htm

Written by: Kelly May | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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



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2023-2024 Enrollment Form for Gallatin Co. Extension Homemaker Association

Homemaker Dues Total - \$10.00

Make Check Payable to: Gallatin Co. Extension Homemakers
PO Box 805, Warsaw, KY 41095-0805

Date _____
First Name _____ Last Name _____
Mailing Address _____
E-Mail _____

Please check One: _____ New Membership _____ Membership Renewal _____
Race (Circle One) _____ Asian _____ Black _____ White _____ Native American _____ Other _____
Gender _____ Male _____ Female _____
Age Group: _____ 20-24 _____ 25-34 _____ 35-44 _____ 45-64 _____ 65 & Over _____

Club Name (If a member of one of the clubs) _____

Phone Numbers: Home: () _____
Work: () _____
Cell: () _____

I, (Print full name) _____ hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____