

# Homemakers F&CS



 Cooperative  
Extension Service  
*Family and Consumer Sciences*

**Gallatin County**  
395 US Hwy 42 West  
PO Box 805  
Warsaw, KY 41095  
(859) 567-5481  
Fax: (859) 567-5432

FAMILY & CONSUMER SCIENCES - EXTENSION HOMEMAKER NEWSLETTER

OCTOBER 2024

## Thoughts from Ronda...

Greetings All,

We are fast approaching that beautiful time of year. I hope you will have the opportunity to stop, breathe and take in all the gorgeous Fall colors and awesome decorations. We had a successful County Annual Meeting and enjoyed some wonderful entertainment from a talented young lady, Renne Hackett. Thank you to all who attended, volunteered and supported the Homemaker County Annual Meeting. Congratulations to those Homemakers and Club who received awards:

- Gallatin County Fair Homemaker of the Year—Sally Berkshire
- Gallatin County Fair Club of the Year—Fun Time Quilters
- Gallatin County Outstanding Homemaker of the Year—Marie Allison


Please remember the classes that are coming up at the Extension Office:

- Aging with Our Furry Friends—October 8th at 1:00 p.m.—Boone County Extension
- Threading Your Way Through Homemaker Area Annual Meeting—October 10th (see flyer and registration form in this Newsletter)
- Trucking into the Holidays--October 29 at 1:00 p.m.
- Holidays with the Homemakers—November 19th at 1:00 p.m.—Carroll County Extension
- Medicare Update 101—November 22—1 pm—See enclosed flyer
- Holiday Treasure Hunters—December 7th from 9:00 a.m. to 1:00 p.m.

Registration is required for all classes and events. Call our office to register.

Reminder: If you have not already paid your Homemaker Membership Dues of \$10.00, please locate the membership form in this newsletter and drop it off at our office to do so by **Friday, November 15th**.

Until next month, take time for yourself each day and Be Safe!

  
Co. Extension Agent for Family & Consumer Sciences

## Important Dates To Remember!

**September 26: Crafting Calm—1:30 pm**— will meet for the first of five sessions at the Extension Office—see enclosed flyer for more details

**October 3: 9:00am-4:00pm—The Embroidery Club** will meet at the Extension Office

**October 8: Fun Time Quilters—9:00am- 4:00pm**— will meet at the Extension Office

**October 8: Back to Basics Homemakers—6:00pm**—will meet at the Extension Office

**October 8: Napoleon Homemakers—6:30pm**—will meet at Zalla Lodge

**October 9: 10:30am—The Cross County Homemakers**—will meet at the Extension Office

**October 10: 10 am**—N. KY Area Homemaker Meeting—See Enclosed Flyer

**October 3, 10, 17, 24: 1:30 pm—Crafting Calm**— will meet at the Extension Office—See Enclosed Flyer for more information or to register

**October 29—1:00 pm—Trucking into the Holidays**—See Enclosed information on Page 2

**October 31—Happy Halloween!**



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4-H Youth Development  
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Lexington, KY 40506



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## TRUCKING INTO THE HOLIDAYS

Come join us in making a Holiday Decoration that will be enjoyed throughout the year!



**Date:** October 29, 2024  
**Time:** 1:00 pm  
**Location:** Gallatin County Extension Office

Space is limited. Registration is required by calling (859) 567-5481.

If you cannot attend after registering, please call our office to cancel as we do have a waiting list. Supplies for this class cannot be given out. You must attend the class to complete the project!

Please remember to have your Homemaker Membership Dues to the Extension

Office by November 15th. Dues are \$10.00 for the year. Please help us by reminding others to get their dues in as well. Or, be bold, and invite others to join us in being a part of a wonderful organization that does so many things for our community.



## Cooking Through the Calendar

### October—Sweet Potato Hash

#### Ingredients:

2 Tbsp. olive oil  
1 medium onion, diced  
1 tsp. salt  
1 1/2 tsp. dried oregano  
3/4 tsp. black pepper  
4 cloves garlic, minced or 1/2 tsp. garlic powder  
2 lbs. sweet potatoes, peeled and diced (1-inch cubes)  
2 lbs. chicken breasts, fat trimmed and diced (1-inch cubes)  
4 oz. baby spinach (about 4 cups)  
2 Tbsp. apple cider vinegar

#### Directions:

1. Wash hands with warm water and soap for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. Heat olive oil in a large sauté pan or pot (3 quarts or larger) over medium heat.
4. Add onion, salt, oregano, black pepper and garlic. Saute until onion and garlic begin to lose color; about 5 minutes.
5. Add sweet potatoes and chicken and cook, uncovered. Stir occasionally to prevent sticking and assure all ingredients are well mixed. Wash hands after handling raw poultry.
6. Cook until chicken reaches 165 degrees F using a meat thermometer, about 15 minutes.
7. Add spinach and vinegar and mix until spinach is thoroughly wilted and mixed with other ingredients. Serve.
8. Refrigerate leftovers within 2 hours.

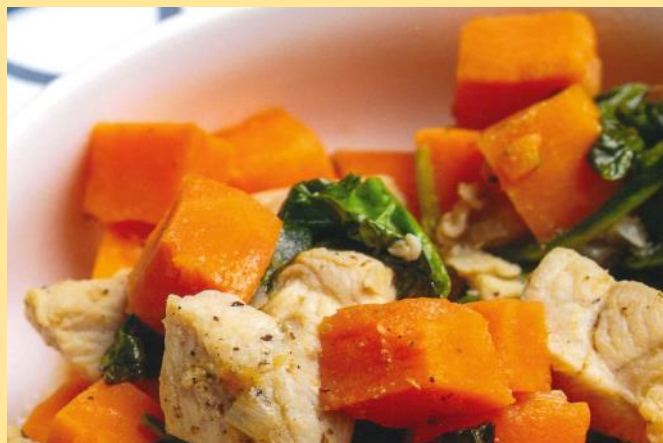
**Makes 8 servings—Serving Size: 1/8 of recipe**

**Cost per recipe: \$14.17**

**Cost per serving: \$1.77**

**Nutrition facts per serving:** 270 calories; 6g total fat; 1g saturated fat; 0g trans fat; 85mg cholesterol; 420mg sodium; 25g total carbohydrate; 4g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.

**Source:** Ruth Ann Kirk, Lawrence County EFNEP Assistant Senior, University of Kentucky Cooperative Extension Service



# Homemaker Happenings



A few pictures of some of the summer activities enjoyed by the Homemakers this year. Fair Exhibits, Quilling, Flower Pot People were among the well attended events!



Be sure to send us your pictures of club activities! You can email those to Ronda at: [rrex@uky.edu](mailto:rrex@uky.edu)

# Crafting Calm: Mindfulness in Handmade Creations

Relax, Create, Find Your Inner  
Peace Through Crafting

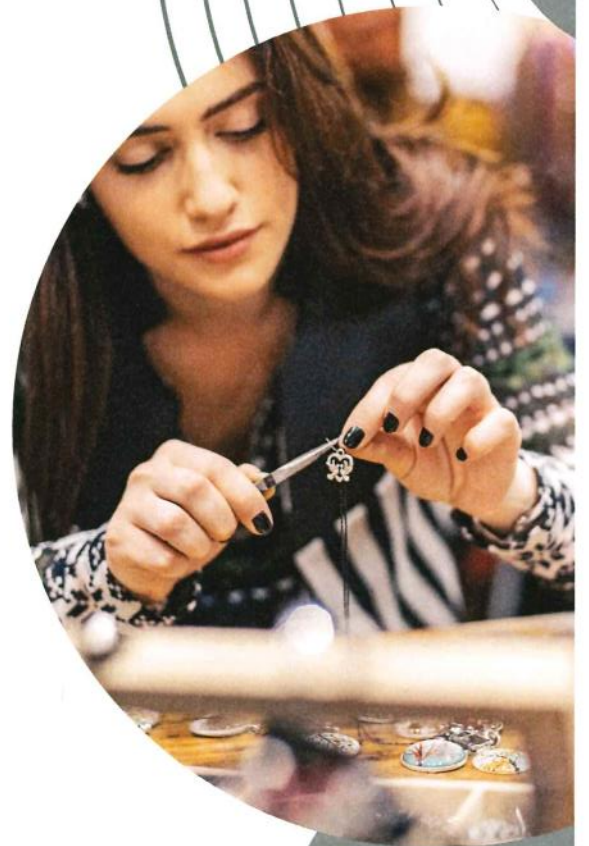
COME JOIN US FOR A 5-  
PART SERIES FOCUSING ON  
ADOPTING A FAVORITE  
CRAFT OR HOBBY TO  
CREATE MORE BALANCED  
MENTAL HEALTH FOR  
OVERALL WELLNESS

**Dates: September 26th,  
October 3rd, 10th, 17th and  
24th**

**Location: Gallatin County  
Extension Office**

**Each class 1:30--3:30 p.m.  
Registration is required by  
calling 859-567-5481**

**Space is limited**



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# AGING WITH OUR FURRY FRIENDS

Learn about the benefits of pet ownership as we age, things to consider before getting a pet, as well as how to care for our aging pets.

**October 8, 2024**

**1:00-2:30 pm**

**Boone County Extension Office**

**6028 Camp Ernst Rd**

**Burlington, KY 41005**

**Registration Encouraged**

**Call (859) 586-6101 or visit [boone.ca.uky.edu](http://boone.ca.uky.edu)**



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# Gallatin County Homemaker Clubs 2024-2025

**Back to Basics:** This club meets once a month on the second Tuesday of each month at 6:00pm at the Gallatin County Extension Office. This club focuses on meaningful relationships with family or friends while also being motivated to help, learn, and enjoy life. This club helps by donating to charities and adopting friends at the local nursing home. They also plan fun trips such as Derby Dinner Playhouse, Barnwood Bravo Theater, Lanthier Winery, day lunch trips, holiday celebrations, and MORE! Join us to discover the possibilities!

**Cross County:** This club meets once a month on the second Wednesday of each month at 10:30am at the Gallatin County Extension Office. This club has something for you in every season. In addition to the monthly meetings, they plan fun trips including events like Keeneland outings, Christmas party, and summer outings. This club also gives back to the community by service through the Fisher House, HS Senior Scholarship, DPIL Sponsor, and more. Come join us, have some fun, and help us serve our community.

**Fun Time Quilters:** This club meets on the second Tuesday of each month at the Gallatin County Extension Office from 9:00am-4:00pm. Bring your machine and join us to work on your own project(s). Some group projects and events include chemo quilts for patients, quilts for those affected by tornadoes and floods, patriotic pillowcases for the Fisher House, day trips to quilt stores, quilt retreats, and MORE! Not an experienced quilter? No problem! All levels of quilters are welcome. If you want to learn to quilt, this is the place for YOU! This club is willing to help those learning and make quilting an enjoyable hobby!

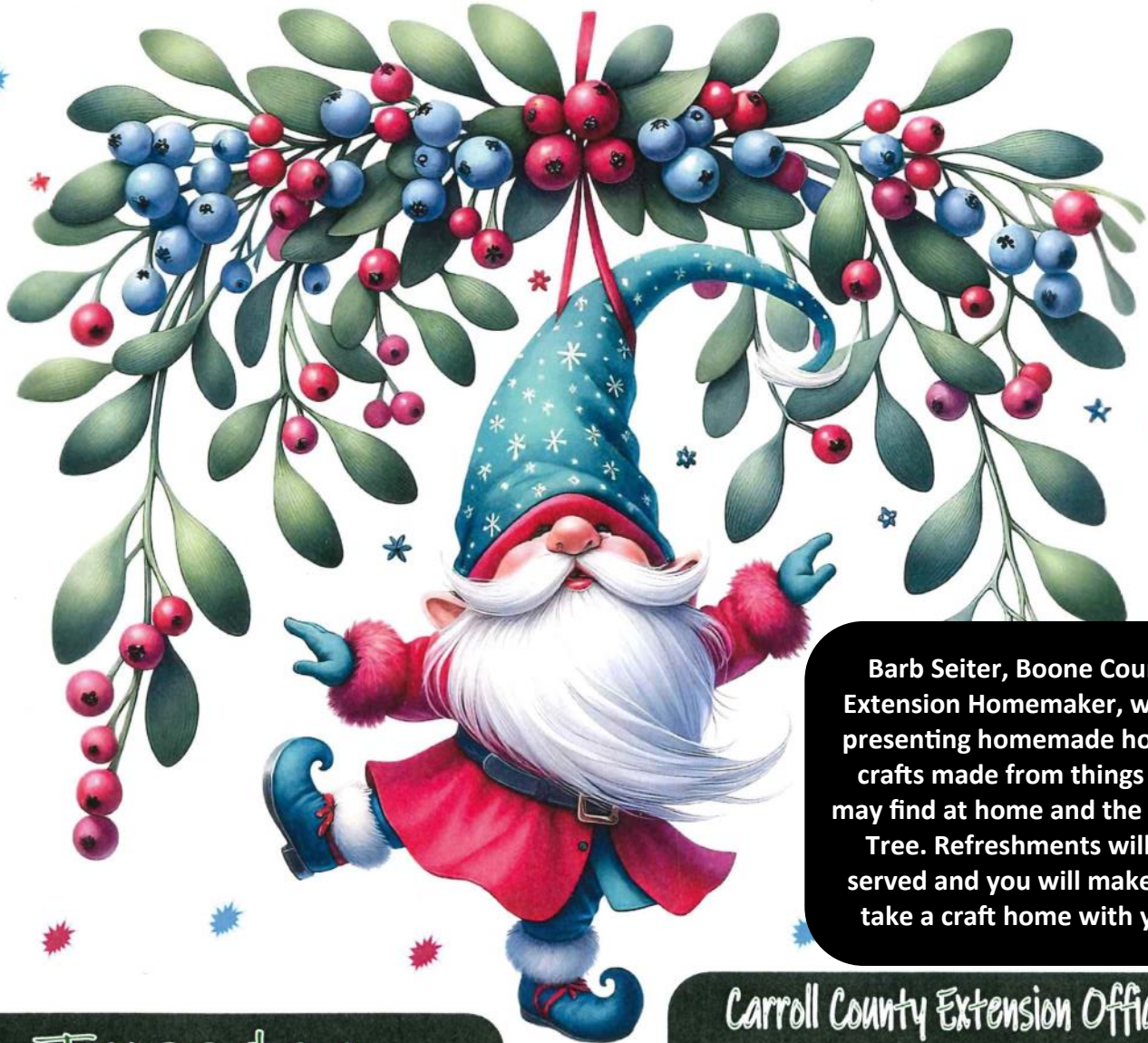
**Napoleon:** This club meets monthly on the second Tuesday of each month at 6:00pm at the Zalla Lodge. It is not just a club, but a family. This club enjoys volunteering in the community when needed such as visiting the nursing home during Christmas to show the residents and staff that they are loved and appreciated. This club also volunteers at events like the Peony Festival and the Homemaker Treasure Hunt. We love making different crafts and helping others learn to craft. Join us to learn more about what you can get involved in!

**Sit, Sew, & Socialize:** This club meets on the first Thursday of each month at the Gallatin County Extension Office from 9:30am-3:00pm. Bring your sewing or embroidery machines, hand sewing, knitting, crocheting, diamond art, or other crafts and join us to work on crafts while socializing. This group enjoys sharing ideas and techniques and learning new things.

**Mailbox:** If you would like to receive information about what is going on with the Gallatin County Homemakers' special events, recipes, and more. You can attend what you like and you will receive a newsletter packed full of information and flyers on special events. Many of us who have very busy evenings have found this is a great way to be involved. We have members who live outside of Gallatin County, but still want to stay connected. So even if you move, you can still belong as a mailbox member.

<b>Gallatin County Homemaker Club Presidents/Leaders</b>	
<b>Back to Basics</b>	Bonnie Bond
<b>Cross County</b>	Beth Lynn
<b>Fun Time Quilters</b>	Marie Allison
<b>Napoleon</b>	Louise Hiles
<b>Sit, Sew, &amp; Socialize</b>	Laura Birkenhauer

# "Holidays with the Homemakers!"



Barb Seiter, Boone County Extension Homemaker, will be presenting homemade holiday crafts made from things you may find at home and the Dollar Tree. Refreshments will be served and you will make and take a craft home with you.

Tuesday,  
November 19  
1:00 p.m.

Carroll County Extension Office  
500 Floyd Drive, Carrollton  
RSVP by calling (502) 732-7030

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Presented by: Mark Viehmann

# MEDICARE 101

**November 22 - 1:00 PM—GALLATIN CO. EXTENSION OFFICE**

An Education based class to discuss Medicare, drug plans, Medicare supplement plans, what coverage is like from an employer's perspective and what coverage is like from an employee's perspective.

*This class is for you if...*

- ◆ You are turning 65 within the next year or two
- ◆ Retiring within the next year or two
- ◆ Already retired and not confident with your current benefits

*Call the Extension Office at (859) 567-5481 to register!*

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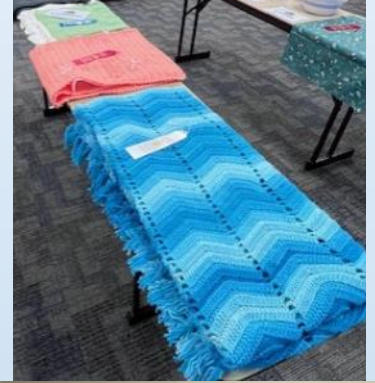
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# Annual Meeting Photos



# TREASURE HUNTERS

## \$1 TREASURE HUNT

### December 7, 2024

### 9:00 am – 1:00 pm

At the Gallatin County Extension Office  
395 US Highway 42 West, Warsaw, KY

*Sponsored by:*

**The Gallatin County Homemakers**

**Admission: \$5.00 – Buys 5 items**  
**Each additional item - \$1.00**

**All proceeds go to the Mayme Walters Homemaker  
Scholarship Fund**

#### **GENTLY USED**

Anything & Everything:  
Home Décor, Household Items, Craft  
Items, Toys, Sports Items, Books, Tools,  
Small Appliances, etc.

**NO CLOTHING, PILLOWS, BEDDING  
OR FOOD ACCEPTED! ALL SALES FINAL**

**(All donations are provided by the Gallatin County Homemakers)**



Just in time  
for Holiday  
Regifting!

Great  
Opportunity for  
kids to buy gifts  
for parents!



2024-2025 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) \_\_\_\_\_

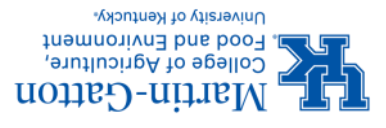
Phone Numbers: Home: (    ) \_\_\_\_\_

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: \_\_\_\_\_



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