

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

SEPTEMBER 2024

Thoughts from Ronda...

Wow, Fall is quickly approaching! I hope all is well with each of you and your families.

I need to make a correction to the last newsletter...the Crafting Calm Series will be on Thursdays as opposed to Fridays. The series of classes begins September 26th. All classes are from 1:30 to 3:30 p.m. Please see the enclosed flyer. I apologize for any confusion. Please remember to register for any or all classes. We have limited space and materials.

Other dates to remember:

- Our Homemaker Cultural Arts Event is September 16th from 9:00 a.m.—12:00 p.m. You should have received a postcard as a reminder.
- Our Homemaker County Annual Meeting is September 17th beginning at 6:00 p.m. Call our office to register for the food count.
- And finally:

Please remember to renew your annual membership for Homemakers. The dues are \$10.00 due to the Extension Office by November 15th. Make checks payable to the Gallatin County Homemakers. Invite a friend or neighbor to join! Enclosed in this newsletter are flyers for the different Homemaker Clubs in Gallatin County. This will help when inviting others to join. Also remember, being a mailbox member is another way to be involved. Let's see if we can each bring a new member into our wonderful organization.

Until next month, take care and be safe!

Co. Extension Agent for Family & Consumer Sciences

Important Dates To Remember!



September 2—Labor Day—The Extension Office will be closed.

September 5—9 am—4 pm—The Embroidery Club will meet at the Extension Office.

September 10—Fun Time Quilters—9 am—4 pm—will meet at the Extension Office.

September 10—Back to Basics Homemakers—6:00 pm—will meet at the Extension Office.

September 10—Napoleon Homemakers—6:30 pm—will meet at Zalla Lodge.

September 11—10:30 am—The Cross County Homemakers—will meet at the Extension Office

September 16—9 am—12 Noon—Cultural Arts Event at the Extension Office.

September 17—6:00 pm—County Annual Homemaker Meeting!



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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

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 September—Ramen Skillet Dinner

Ingredients:

2 tsp. vegetable oil
1 medium onion, chopped
1 medium carrot, thinly sliced
1 bag (16 oz.) frozen broccoli
2 cups cooked chicken, chopped
1 pkg. (3 oz.) chicken flavored instant ramen Noodles
1 cup water
1/2 tsp. garlic powder
1/2 tsp. ground ginger
1/2 tsp. red pepper flakes

Directions:

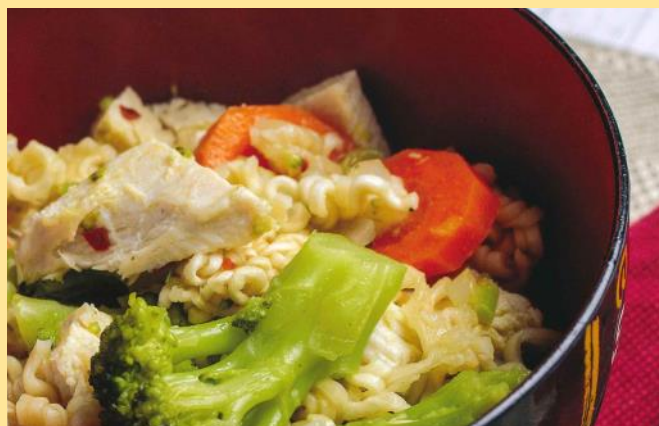
1. Wash hands with warm water and soap for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. Heat oil in a large skillet over medium heat. Add onion, carrot, and broccoli. Cook until vegetables are crisp tender (about 5 minutes).
4. Add the cooked chicken to the skillet. Stir and heat, about 1 to 2 minutes.
5. In a small bowl, combine the contents of the ramen seasoning packet, water, garlic powder, ginger and red pepper flakes.
6. Pour the water and seasonings into the skillet. Stir and bring to a boil.
7. Break ramen noodles apart and add to skillet. Stir to moisten noodles.
8. Cover the skillet and cook until noodles soften (about 2 minutes). Serve immediately.
9. Refrigerate leftovers within 2 hours.

Makes 4 servings—Serving Size: 1 1/2 cups

Cost per recipe: \$7.66

Cost per serving: \$1.92

Nutrition facts per serving: 280 calories; 8g total fat; 2.5g saturated fat; 0g trans fat; 60mg cholesterol; 360mg sodium; 22g total carbohydrate; 4g dietary fiber; 6g total sugars; 0g added sugars; 26g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium.



2024-2025 CULTURAL ARTS EXHIBIT CATEGORIES

Categories and Subcategories

1. **SEWING (Apparel & Home Décor)**
 - A. Basic Garment APPAREL
 - B. Specialty Garment APPAREL[^]
 - C. Accessory APPAREL
 - D. Basic HOME DECOR
 - E. Specialty HOME DÉCOR[^]
 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. Beading Weaving
 - B. Non-Jewelry Item/Wearable
 - C. 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 & 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 & Ink
 - C. Pen & 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. Chicken Scratch
 - J. Punch Needle (under 60" perimeter)
 - K. Miscellaneous
 13. **FELTING***
 - A. Needle Method
 - B. Wet Method
 14. **HOLIDAY DECORATIONS**
 - A. Autumn
 - B. Spring
 - C. Summer
 - D. Winter
 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 Applique (hand quilted)
 - D. Hand Pieced (hand quilted)
 - E. Machine Applique (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 (over 60" perimeter)
 - D. Woven
 25. **WALL OR DOOR HANGING**
 - A. Fabric
 - B. Other
 - C. Diamond Art Mosaic
 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.
- [^] May include appliqued & quilted.

Crafting Calm: Mindfulness in Handmade Creations

Relax, Create, Find Your Inner
Peace Through Crafting

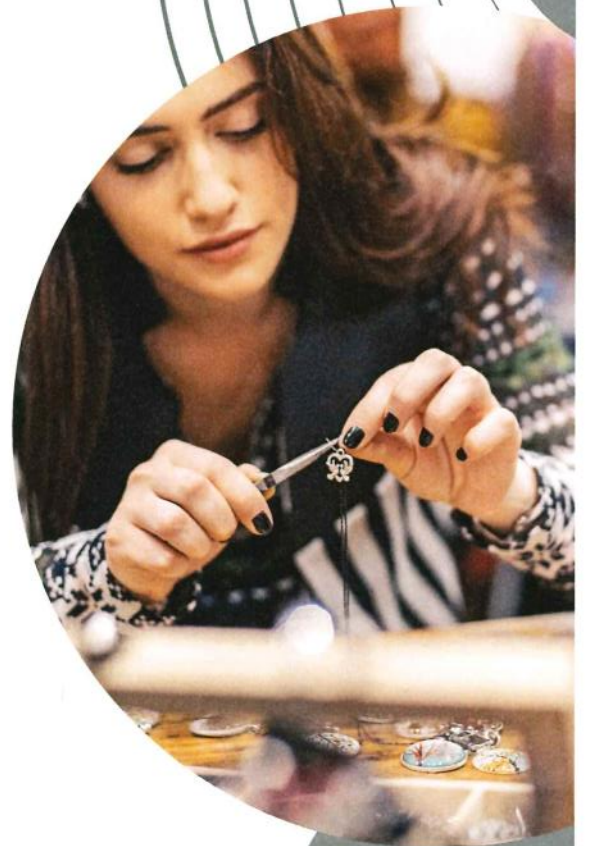
COME JOIN US FOR A 5-
PART SERIES FOCUSING ON
ADOPTING A FAVORITE
CRAFT OR HOBBY TO
CREATE MORE BALANCED
MENTAL HEALTH FOR
OVERALL WELLNESS

**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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with prior notification.

Threading Your Way THROUGH HOMEMAKERS

Northern Kentucky Area Homemakers 2024 Annual Meeting



OCTOBER 10, 2024

8:30- 10 AM: Registration, cultural
arts check-in, silent auction
10 AM: MEETING BEGINS

Guest Speaker:
Sue Walsh



Dry Ridge Christian Church
13 School Street
Dry Ridge, KY 41035

COST:
\$20

UK Martin-Gatton
College of Agriculture,
Food and Environment

Sue Walsh is from Hopkinsville Kentucky and with her, we will be having "Fun with Scarves".

Please wear a scarf to the meeting to be part of the fun!



Register By County: Make check payable to Gallatin Co. Homemakers and mail form to Gallatin County Extension, PO Box 805 Warsaw KY 41095.

REGISTRATION DUE BY SEPT. 20, 2024

Name: _____

Address: _____

City/St/Zip: _____

Phone: _____

County: _____

**Menu: Please circle
1 meat and 1 dessert**

- Meatloaf **or**
Pork Loin with
Stuffing & Gravy
- Mashed Potatoes
- Green Beans
- Bread
- Mixed Fruit
- Lemon Lush **or**
Four Stack Dessert

Counties should compile registrations and send one check to Grant County Homemakers, 105 Baton Rouge Road, Williamstown, KY 41097

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IN EVERY SEASON

CROSS COUNTY HOMEMAKERS
HAS SOMETHING FOR YOU!

**Monthly Meeting:
2nd Wednesday 10:30 a.m.**

- Keeneland Outings*
- Christmas Party*
- Fisher House*
- DPIQ Sponsor*
- Scholarship Sponsor*
- June Club Outing*





Back to Basics Homemakers

meaningful relationships with family of friends
& **m**otivated to Help, Learn & Enjoy!

Current Members: Bonnie Bond, Sherri Broderick, Connie Davis, Charlene Giles, Linda Gullion, Judy Jeffers, Doris Knepper, Paula Lillard, Patty McCarty, Carolyn Sampson, Gracie Scarlott, Judy Smith, Doris Sullivan, Rose Sullivan, Nancy Volmer, Bonnie Weigel

Dues: \$10

Meetings: monthly

Questions: Call Bonnie at 859-322-2091 or Carolyn at 859-512-9120

Helping Hands...

- Adopted Friends @ GC Nursing & Rehab
- Donations to charities



Fun Activities...

- Derby Playhouse Theater
- Barnwood Bravo Theater
- Lanthier Winery
- Day Lunch Trips
- Holiday Celebrations



Volunteer...

1025 hours - 2023
i.e. Peony Festival, GC Fair, GC & WBC Food Pantries



Gallatin County Funtime Quilters

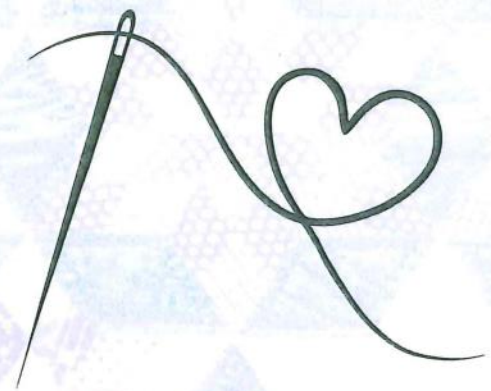
Join us!

The Funtime Quilters meet on the second Tuesday of each month at the Gallatin County Extension Office from 9:00 am—4:00 pm

- Bring your machine and join us!
- Work on your own project(s)!

Some group projects & events include:

- ◊ Chemo Quilts for Patients
- ◊ Quilts for those affected by Tornados & Floods
- ◊ Patriotic Pillowcases for Fisher House
- ◊ Day Trips to Quilt Stores
- ◊ Quilt Retreat Yearly



We have members that are beginners and those who have quilted for years. All levels of quilters are welcome. If you want to learn to quilt, this is the place for you! Everyone is willing to help in any way to make quilting an enjoyable hobby.

For More information contact:
Contact Person—Marie Allison
Email: mallison600@gmail.com

Homemakers Measure Up!

Annual Meeting
September 17, 2024—6:00 pm

Renne Hackett
Annual Meeting Speaker
“Irish Dance Presentation”



Enter Cultural Arts
Monday, September 16th from 9:00 AM-12:00 PM

Dinner will be provided. Menu: Fried Chicken, Meat Loaf, Mashed Potatoes, Green Beans, Rolls, Sweet & Unsweet Tea, Lemonade and Coffee and cake. Reservations are due no later than September 10th.

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

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Disabilities accommodated with prior notification.

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: _____

Bi-Annual All-Day Event For All Crafters

Craftin' For The Community

At Owen County Cooperative Extension Center

To Benefit The Owen County Children's Fund
and the Owen County Senior Citizens

Sat., Sept. 21st



Great Food - Fun Classes-Awesome
Vendors - and Lots of Fellowship with
Fellow Crafters! Hope to see ya soon!



9 AM - ????

Table Spots Available:

6-foot table \$55

Share a table \$30

Payment must be received to hold your spot

We will also collect non-perishable food and personal care items for Meeting The Needs and Baby Care Items for Hope Lives Pregnancy Center. Special prizes will be drawn for donations.

Mail Registration Form to Dawn Davis
PO Box 2 New Liberty, KY 40355
Call with any questions 502-682-2725

Craftin' For The Community

Registration Form

Checks should be made to the Memory Maker Homemakers and mailed to
Dawn Davis PO Box #2 New Liberty, KY 40355

NAME: _____

ADDRESS:

PHONE: _____

E-MAIL: _____

I would like to sit near (not guaranteed but we will try our best):

Dietary needs (please be specific if any allergies)

Please indicate the table size that you are requesting:

_____ ½ table (\$30 each)

_____ full table (\$55 each)

_____ Sorry, I am unable to attend but would like to make a donation toward The Owen County Childrens' Fund or the Owen County Senior Citizens. If donating, please make a check payable to either or both of these organizations directly and we will be sure they get it.