

Homemakers F&CS

UK Cooperative Extension Service
Cooperative Extension Service
Owen County
265 Ellis Highway
Owenton, KY 40359
(502) 484-5703
Fax: (502) 484-5704

FAMILY & CONSUMER SCIENCES - EXTENSION HOMEMAKER NEWSLETTER

OCTOBER 2023

Dear Owen County Extension Homemakers,

Fall is finally here and I know I am very excited! I hope you are able to get out and enjoy all of the things that fall has to offer! This time of the year makes me think of all of the little things that bring me joy. Along with sitting on my porch watching the leaves change color and fall, I also very much enjoy coaching and watching my boys play soccer! I hope you can sit back and find the little things this fall that bring you joy in your life!

I would like to ask you to please consider taking just a few minutes to fill out a quick survey. This survey is intended to help Extension develop programs addressing needs in your community. You can scan the QR code with your camera over to the right or visit: go.uky.edu/serveKY

Lunch & Learn's are beginning in October and we have a few on the books! Make sure to check them out and call to register if you are interested. A full list of dates and topics are on the flyer in this newsletter, be sure to check it out!

Happy Fall!

Chelsea Young
Owen Co.
Extension Agent For Family & Consumer Sciences

Chelsea R. Young

KENTUCKY COOPERATIVE EXTENSION

■ Kentucky resident?
■ At least 18 years old?
■ Care about your community?

HOW CAN WE serve you??

Take our ten-minute survey to help us develop programs addressing needs in your community. Scan the code above or visit: go.uky.edu/serveKY

Cooperative Extension Service

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

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Disabilities accommodated with prior notification.



Homemaker Happenings

County Annual Homemaker Meeting

We had a wonderful meeting on September 14th! Donna Bryant led us in the pledge and Kathy Spaulding gave an inspiration about finding joy. We enjoyed a delicious meal catered by Fat Lane Foods and dessert made by Baked Provisions. While finishing dinner we had the opportunity to listen to some very talented members of The Kentucky Dulcimer Gatherin' group.



Craft Club met and made some fun fall decorations!



In the business part of the meeting we achieved some very important things, including updating the by-laws, swearing in a new President (Deborah Arnold) and our first Educational Programs Reporter (Denise Perkins).



Cultural Arts winners were announced and we had 51 total entries this year with 30 of those moving on the Area Annual Meeting on October 18th in Boone County! Volunteer Awards, Reading Awards, Hazel Jo Arnold Award, & Tray Acknowledgement Award were also announced and presented.

- Jan Dunavent– 396 hours and 211 books
- Donna Bryant– 283 hours and 43 books
- Denise Perkins– 246 hours and 60 books
- Julie Donahue– 211 hours
- Joyce York– 165 hours
- Deborah Arnold– 72.5 hours
- Amy Williams– 17 hours
- Teri Mason- 12 hours
- Carol Ann Taylor- 11 hours
- Cassie Osborne- 6.5 hours
- Beverly Kincaid– Hazel Jo Arnold Award



Sweet Owen Club won the Tray Acknowledge Award this year!



**Northern Kentucky
Area Meeting
October 18th
Boone County
Enrichment Center
*call to register by 10.5.23***

Homemaker Book List

The 99 Percent Invisible City: A Field Guide to the Hidden World of Everyday Design by Roman Mars & Kurt Kohlstedt (2020). This book is an appreciation of the unnoticed, and often forgotten, works of art and design around us. From the 99% Invisible podcast, Mars and Kohlstedt breakdown architectural designs by explaining their origins, purposes, and how they have changed throughout history. Not only does this book provide great insights, but it is also visually stunning, featuring intricate diagrams among the discussion.

An American in Provence: Art, Life and Photography by Jamie Beck (2022). Through photography, renowned photographer and co-creator of Cinemagraph, Jami Beck provides a memoir of her time in France and life as an artist. In addition to the accumulation of incredible photographs, Beck includes recipes from her travels and her own tips and techniques for capturing beautiful photos. This book provides inspiration for artists and travelers alike.

***These books can be found at the Owen County Public Library.**



Membership Dues



You don't want to forget! Membership dues are due to the Extension Office no later than **November 30th**. The cost for a one year membership is \$10.00. \$1.00 from each membership paid is donated to the Ovarian Cancer Research Program in Lexington. Invite a friend to join with you as a Mailbox member or to join an active club!

Kentucky Winter Squash

SEASON: August through October.
NUTRITION FACTS: Winter squash, which includes acorn squash, butternut squash, pumpkin and other varieties, is low in fat and sodium and an excellent source of vitamin A and fiber.
SELECTION: Winter squash should be heavy for its size with a hard, tough rind that is free of blemishes or soft spots.
STORAGE: Store in a cool, dry place and use within 1 month.

PREPARATION:

To Steam: Wash, peel and remove seeds. Cut squash into 2-inch cubes or quarter, leaving rind on (it will remove easily after cooking). Bring 1 inch of water to a boil in a saucepan and place squash on a rack or basket in the pan. Do not immerse it in water. Cover the pan

tightly and steam the squash 30-40 minutes or until tender.

To Microwave: Wash squash and cut it lengthwise. Place it in a baking dish and cover with plastic wrap. Microwave until tender, using these guidelines:

- Acorn squash: ½ squash, 5-8 minutes, 1 squash, 8½-11½ minutes.
- Butternut squash: 2 pieces, 3-4½ minutes.
- Pumpkin: 1 pound piece, 7-8 minutes.

To Bake: Wash squash and cut it lengthwise. Smaller squash can be cut in half; larger squash should be cut into portions. Remove seeds and place squash in a baking dish. Bake at 400 degrees F for 1 hour or until tender. Seeds can be toasted at 350 degrees F for 20 minutes.

KENTUCKY WINTER SQUASH

Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition students
September 2017

Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand.
<http://plateitup.uky.edu>



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Educational Programs

Each month in the newsletter there will be information provided for the educational chairs. The Educational Areas are:

- Cultural Arts and Heritage
- Family and Individual Development
- Leadership Development
- International
- Environment, Housing, and Energy
- Food, Nutrition, and Health
- Management and Safety
- 4-H Youth Development

KEHA Cultural Arts Chairman 2021 to 2024

Barbara Seiter
8669 Valley Circle Drive
Florence, KY 41042
(859) 653-7655
Email: seiterbarbara@yahoo.com

CULTURAL ARTS and HERITAGE

Program Overview

The Cultural Arts and Heritage program area covers a wide and diverse subject that includes fine arts and crafts, heritage and history of both Kentucky and world cultures, literacy and reading and other areas that cover an appreciation of both the Kentucky and world culture. The following are ongoing activities of this program:

- Promote programs that broaden the understanding of our nation, state, and communities, citizenship, history, etc.
- Promote and develop cultural diversity programs.
- Revive traditional art forms and continue teaching the heritage skills such as: basketry, knitting, crocheting, embroidery, quilting, doll making, carving, painting, pottery, etc.
- Promote Extension Master Volunteer Programs to teach and preserve arts and heritage skills.
- Encourage self-expression through all forms of creative, visual, and performing arts.
- Conduct an awards program in arts and promote participation in the State Cultural Arts Exhibit.
- Promote the study of cultural heritage through literature and museums. Utilize libraries and encourage written and oral histories of families and communities. Promote genealogy programs.
- Promote reading, especially of Kentucky authors.
- Explore home-based business opportunities utilizing handmade arts and crafts.

Cultural Arts and Heritage

Program of Work

2022-2025

Situation: Situation: Of the several entries for the word "ART" in Merriam-Webster's online dictionary, the definition, "decorative or illustrative elements in printed matter" is the inspiration for the current Three-Year Program of Work. Viewing art – such as a painting, photograph – can influence our thought processes, emotions, and behaviors. And the fundamental 'elements and principles' of art (or design) consciously and subconsciously impact our perception of what we are viewing. This Program of Work aims to introduce participants to the elements and principles of art through definitions and examples, while helping participants understand why they may or may not "like" what they see when viewing art. Participants will be encouraged to enter their own "works of art" in the Cultural Arts Exhibit.

YEAR ONE Focus (2022 – 2023): ELEMENTS and PRINCIPLES of ART

Goal: To provide information that will enable participants to objectively evaluate a drawing, painting, or photograph and have discussions about what makes some works of art visually pleasing or not visually pleasing

Objectives:

- Establish a foundation of understanding through a brief survey of art history
- Define the Elements of Art/Design
 - Line, shape, form, space, texture, value, color
- Define the Principles of Art/Design
 - Unity/variety, proportion, balance, contrast, emphasis, movement, rhythm, pattern
- View and critique examples of the Elements and Principles
- Discuss how the use of Elements and Principles can create something that is either visually pleasing or not pleasing

Activities:

- Create a scrapbook page to enter in the Cultural Arts contest that incorporates several Elements and Principles of Art
- Visit local museums to view a drawing, painting, or photograph and describe the specific Elements and Principles of Art
- Support local artists

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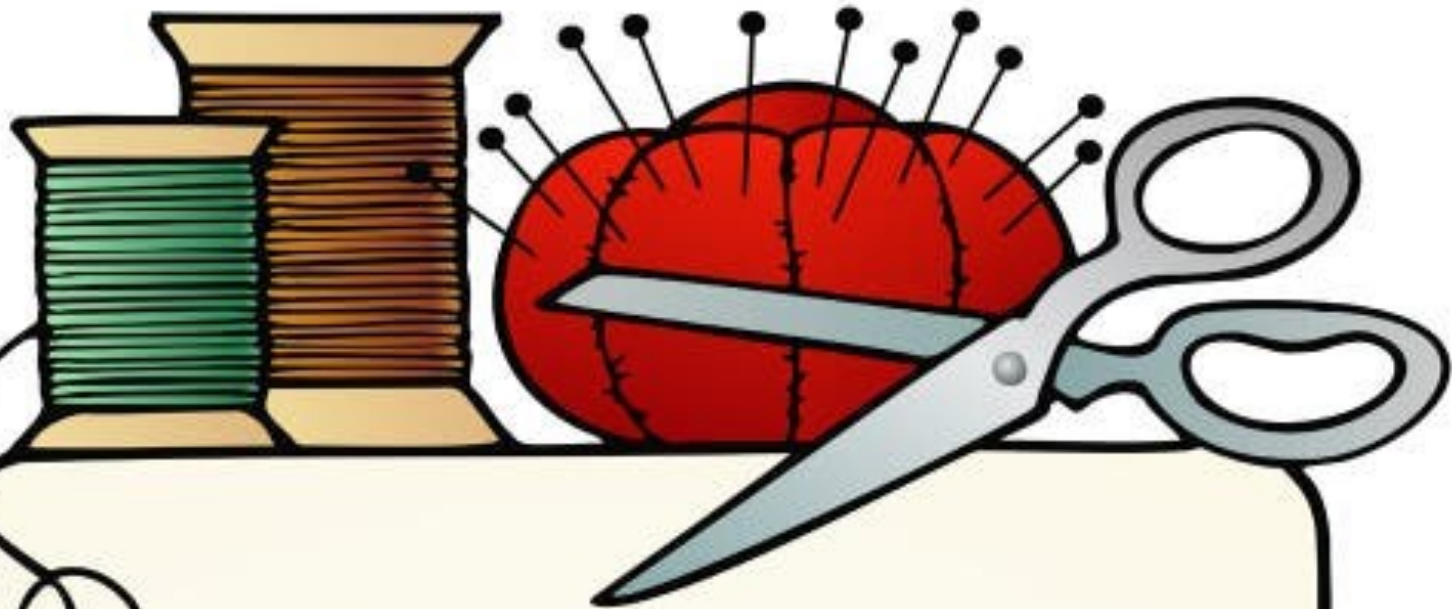
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If you are doing anything in any of these areas, please keep note of that and report to your club leader, so we can be sure to include your input on the end of the year reporting. Not sure of your club leader, call the office at (502) 484-5703 to ask!

Why report? This is extremely IMPORTANT so that you can be a voice for what all the Owen County Homemakers are doing in OWEN County. If you don't share it, those at the state level do not see how GREAT you are!



Beginner Sewing Series was a SUCCESS!!



If you are interested in learning more about Sewing and/or Quilting, consider joining the new Homemaker Club, SEW & GO, on Monday, October 9th starting at NOON at the Extension Office. You can learn new sewing project and leave after OR you can stay to sew and socialize until 3pm! This club will meet monthly!



POPUP DRIVER LICENSING

11-14-2023

<https://drive.ky.gov/Drivers/Pages/Popup-Map.aspx>

265 Ellis Road
Owenton, KY 40359

REGISTRATION OPENS 10-31-2023

DISTRACTED DRIVING AFFECTS ALL

We live in a world with information readily available at our fingertips 24/7. While this is a great convenience, it can be dangerous if you are behind the wheel.

According to the U.S. Department of Transportation, at any given second in the United States, an estimated 660,000 people are driving while using a cell phone or manipulating an electronic device. In 2012, over 3,000 people died and around 420,000 more were injured in automobile accidents involving a distracted driver.

Distracted driving includes any action that takes your eyes off the road. While distracted driving includes everything from cell phone use to grooming, texting is considered the most dangerous act by far. When a person is texting, it requires visual, manual and cognitive attention.

In Kentucky, it is against the law for drivers to text while behind the wheel. The state has also banned all cell phone use for novice drivers and bus drivers.

Even if you're not responding or composing a text, reading one can be just as dangerous. It takes the average person five seconds to read a text message. During that five seconds, if the person is driving 55 miles per hour, they could drive the length of a football field without paying attention to the road and traffic around them.



The best way to prevent distracted driving is not to do it and encourage your family members and friends to limit their cell phone usage while they are driving. If you are tempted, turn your cell phone off when you get in the driver's seat or put it in a compartment in your vehicle that you can't reach.

If you are a parent of a beginning driver, remind them that if a cop finds them texting or talking while behind the wheel, it could delay them getting their license or cause their license to be suspended.

Source: Nicole Peritore, UK program coordinator for Health Education through Extension Leadership and Distraction.gov



GETTING YOUR HOUSE IN ORDER

NEW DATE

OCTOBER 25, 2023

Jenni Duncan

McDonald & New Funeral Home

This session is to discuss funeral planning, declarations, living wills, power of attorney, and pre-planning.

CALL 502.484.5703 TO REGISTER BY OCTOBER 11



Lunch 11:30AM-NOON
Presentation- 12PM-1PM

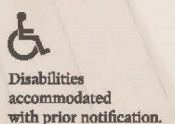
Owen County Cooperative Extension
265 Ellis Highway

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4-H Youth Development
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 **LUNCH AND LEARN** 

**OWEN COUNTY COOPERATIVE EXTENSION
265 ELLIS HIGHWAY**



MENU

1. **October 25 : Getting your
NEW DATE House in Order**
2. **November 15: Health & Wellness Screening**
3. **January 17: Radon**
4. **March 20: Emergency Preparedness**
5. **May 15: Energy Efficiency**

11:30-NOON LUNCH

12:00-1:00 PM PRESENTATION



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Fall Flannel Frolic!

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

Make your check payable to: Owen County Homemakers

← If possible, register by county

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

**Reservations due by
October 6, 2023**

**Cost:
\$20.00**

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 Cooperative
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Owen County Homemaker Leader Training

Thursday, October 19th

1:00 PM

Owen County Extension Office

**Please call to register by
Wednesday, October 18th**

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Owen County Homemaker Membership 2023-2024

Please complete and return this form to Owen County Cooperative Extension Office to become a Owen County Homemaker or to retain membership. Make checks payable to **Owen County Extension Homemakers Association, 265 Ellis Highway, Owenton, KY 40359. New Membership or Renewal is \$10 per year.**

Name: _____ Birthday: _____
 Mailing Address: _____ Primary Phone: _____
 Emergency Contact: _____ Emergency Phone: _____

The Kentucky Cooperative Extension Service is required by Federal Law to collect and maintain information regarding the characteristics of the people we serve. The information you provide is voluntary.

Race: White Black Asian Hispanic Native American Other
 Gender: Female Male
 Age Group: 20-24 25-34 35-44 45-64 65 & Over



Please select club(s) that interest you:

Cotton Club Home & Heart Pleasant Home
 Craft Club Mailbox Sew & Go
 Crochet & Fellowship Memory Makers Sweet Owen

Photography/ Media Permission Form

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 supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

SEE BACK FOR DETAILS ON EACH CLUB

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Owen County Homemaker Clubs

Cotton Club: This quilt club meets once a month in the evening. They also have one day a month as SEW ALL DAY.

Craft Club: This club meets once a month in the evening. They do a variety of crafts. The members decide what they would like to learn or make. Usually a member of the club teaches the lesson for the chosen craft but sometimes there is an instructor. There is a small cost for supplies each month.

Crochet & Fellowship: This club is exactly what it implies. It meets once a month during the day to crochet and talk. If you are interested in learning how to crochet these ladies are your connection to learning a new skill.

Home & Heart: This club does special interests of the club members. For example, they made freezer meals as a quick grab and go for dinner. This club meets in the afternoon or evening once a month. Children are welcomed with an attendee.

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



Memory Makers: This is a scrapbooking club. They meet on weekends (Friday & Saturday). Twice a year they host an event Craftin' for the Community where they rent out table space for anyone to join them and do whatever craft they would like. This is a fundraiser for them to give back to the community. If you would like to learn how to or work on a scrapbook this group is for you.

Pleasant Home: This club is a traditional homemakers club with a little twist. They are known as the "Traveling Ladies who Lunch." This club meets once a month at various restaurants for lunch where they have meeting and fellowship.

Sew & Go: This club meets once a month. Each member can decide to stay and sew or go after the demo of the project.

Sweet Owen: This club meets once a month at the Sweet Owen Store for lunch and to fellowship.

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WINTER PRESCHOOL DAY

 Cooperative
Extension Service

Owen County Extension
265 Ellis Highway



FEBRUARY 9TH
10 AM-NOON

CALL 502.484.5703
TO REGISTER

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Lexington, KY 40506



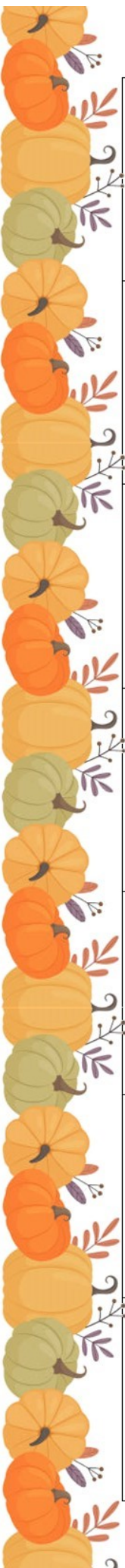
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October 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 OCT 01 INTERNATIONAL COFFEE DAY	2	3	4 Pleasant Home 11 AM	5	6	7
8	9 Sew & Go 12 PM	10 Sew All Day 9 AM	11 Happy Fall Break	12	13 Sweet Owen 11 AM	14
15	16 Cultural Arts due back to office for Area Meeting	17 Cotton Club 6 PM	18 Area Annual Meeting Boone County Enrichment Center 10 AM	19 Homemaker Leader Training 1 PM	20	21 Happy Sweetest Baby
22	23	24	25 Crochet & Fellowship 9AM Lunch & Learn 12 PM	26	27	28
29	30 Craft Club 6 PM	31 Lifeline Screening *must be registered* Popup Drivers License Registration Opens	1 Pleasant Home 11 AM			





Fall Spiced Pumpkin Bread

½ cup all-purpose flour	2 teaspoons	½ cup honey
1¼ cup whole-wheat flour	pumpkin pie spice	2 cups pumpkin puree
1½ teaspoons baking powder	½ teaspoon salt	⅓ cup olive oil
1 teaspoon baking soda	½ cup melted margarine	2 eggs
	½ cup sugar	⅓ cup chopped walnuts

Heat oven to 350 degrees F. **Mix** flours, baking powder, baking soda, pumpkin spice and salt; set aside. In a large mixing bowl, **whisk** together margarine, sugar, honey, pumpkin puree and olive oil. **Blend** in eggs. **Add** flour mixture. **Stir** until dry ingredients are moistened. **Spray** a 8-by-4 inch loaf pan with non-stick cooking spray. **Pour** batter into pan; **sprinkle** walnuts on top of batter. **Bake** for 1 hour. **Remove** from oven

and **cover** with foil. **Return** to oven and **bake** an additional 20 minutes or until toothpick inserted in center comes out clean. **Cool** for 10 minutes and **remove** from pan.

Yield: 16 slices

Nutritional Analysis: 220 calories, 13 g fat, 2 g saturated fat, 30 mg cholesterol, 270 mg sodium, 26 g carbohydrate, 1 g fiber, 14 g sugars, 4 g protein.