

# September 2024

 Cooperative  
Extension Service

Family and Consumer Sciences

Owen County Extension Office  
265 Ellis Road  
Owenton, KY 40359  
(502) 484-5703

owen.ca.uky.edu

## FAMILY & CONSUMER SCIENCES- EXTENSION HOMEMAKER NEWSLETTER

### EASY WORK-LIFE BALANCE TIPS FOR PEOPLE AND PARENTS

The term “work-life balance” seems simple. However, for some people, especially parents, we have a challenging time figuring out the “balance” part. We are all trying to find that right balance to prepare for the busy week, allocate the necessary time to manage multiple tasks and manage the stress of work and life. But there’s hope for all of us, including parents.

**Here are some simple tips on how to make the most of your busy lives:**

#### Reduce morning rush.

Reduce morning anxiety by preparing the night before. (i.e. laying out clothes, making meals and gathering work materials.)

#### Organize your week in advance.

Use one day each week to plan the rest of the week (meals, chores, groceries, kids’ sports, date nights, family time, homework time, etc.)

#### Be honest with your manager.

If spending more time with your family is what you want, your employer may have benefits you have not explored. Many organizations are investing in more wellness opportunities for their employees.

#### Stay connected.

Even if you travel a lot for work, you can still see and talk to each other. Make the stay to stay connected (facetime, emails, texting, writing letters, having conversations, etc.)

#### Don’t waste time staring at a screen.

It can be addicting with today’s technology, so consider limiting your screen time. You will be amazed at the amount of time you will save and can now reinvest it for more meaningful moments.

#### Schedule time with your partner.

Do something together that brings you closer (date night, cooking night, evening walk or exercise, conversations about kids, etc.)

Source: David A. Weisenhorn, Ph.D., Senior Extension Specialist for Parenting and Child Development Education, University of Kentucky College of Agriculture, Food and Environment

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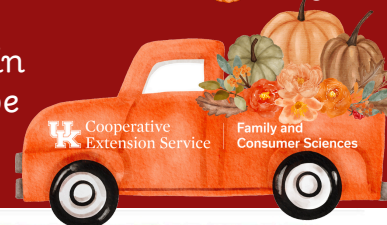
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**Cooperative  
Extension Service**

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

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

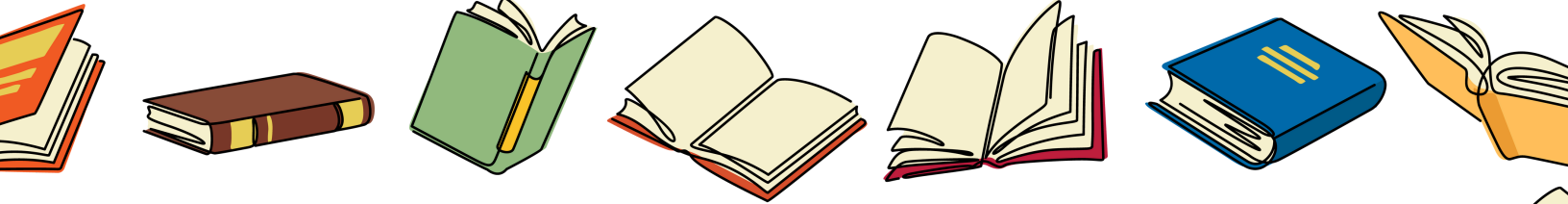
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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# HOMEMAKER BOOK LIST 2024-2025



**Wake up With Purpose!: What I've Learned in My First Hundred Years** by *Sister Jean* (2023)

Part life story, part philosophy text, and part spiritual guide, Sister Jean's wit, wisdom, and common sense has broad appeal and application that transcends religious creed, belief, and even feelings on Loyola's basketball team.

**The Teacher** by *Freida McFadden* (2024)

Eve has a good life. She gets up each day, gets a kiss from her husband Nate, and heads off to teach math at a local high school. All is as it should be. Except...last year, her school was rocked by a scandal involving a student-teacher affair, with one student, Addie, at its center. But Eve knows there is far more to these ugly rumors than meets the eye. Addie can't be trusted. But nobody knows the secrets that could destroy her. And Addie will do anything to keep it quiet.

**LIBRARY** These books are available at the Owen County Public Library!  
Download the entire collection at <https://keha.ca.uky.edu/content/keha-club-materials>



## Owen County Homemaker Officers

Deborah Arnold  
Donna Bryant  
Joyce York  
Beverly Kincaid

President  
Vice President  
Secretary  
Treasurer



## SAVE THE DATE

**2025 KEHA State Meeting**

**May 6-8, 2025**

**Hyatt Regency Lexington**

401 West High Street  
Lexington, KY



**Discover KEHA- A Hidden Treasure**

More details to come!



# Enter 2024-2025 Cultural Arts Exhibits on Wednesday, September 18th from 9:00AM to 12:00PM at the Owen County Cooperative Extension Service.

## 2024-2025 CULTURAL ARTS EXHIBIT CATEGORIES

### Categories and Subcategories

#### 1. SEWING (Apparel & Home Décor)

- A. Basic Garment APPAREL
- B. Specialty Garment APPAREL<sup>^</sup>
- C. Accessory APPAREL
- D. Basic HOME DECOR
- E. Specialty HOME DÉCOR<sup>^</sup>

#### 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.

<sup>^</sup> May include appliqued & quilted.





# YOU'RE INVITED

TO THE

# 2024 EXTENSION HOMEMAKERS

# 78th Annual Meeting

**SEPTEMBER 19TH**

**OWEN COUNTY EXTENSION OFFICE**

**CALL (502)484-5703 TO  
REGISTER BY  
SEPTEMBER 13TH**

**5 PM** **Doors Open**  
**5:30 PM** **Meal Begins (\$15 per person)**  
**6 PM** **Meeting Begins**

**MENU:**

- ~Pulled Pork
- ~Grilled Chicken
- ~Potato Salad
- ~Cole Slaw
- ~Baked Beans

*Prepared by  
Fast Lane Foods*

# Craftin' For The Community

At Owen County Cooperative Extension Center

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

Sat., Sept. 21st

9 AM - ???



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



**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**

Please complete 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: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

EMAIL: \_\_\_\_\_ @ \_\_\_\_\_ . \_\_\_\_\_

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:

\_\_\_\_\_ 1/2 table (\$30 each)

\_\_\_\_\_ full table (\$55 each)

\_\_\_\_\_ Sorry, I am unable to attend but would like to make a donation toward The Owen County Children's 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.

# Owen County Homemaker Membership

## 2024-2025

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.**

**DUE Monday, November 25, 2024**

Name: \_\_\_\_\_ Birthday: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Email 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     Crochet & Fellowship     Memory Makers     Sew & Go  
 Craft Club     Mailbox     Pleasant Home     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**

### Cooperative Extension Service

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

### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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# Threading Your Way THROUGH HOMEMAKERS

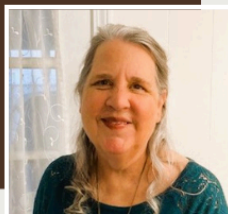
## Northern Kentucky Area Homemakers 2024 Annual Meeting



**OCTOBER 10, 2024**

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

Guest Speaker:  
Sue Walsh



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!**



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

**COST:**  
**\$20**



Register By County: Make check payable to Owen Co. Homemakers and mail form to Owen County Extension, 265 Ellis Hwy, Owenton, KY 40359.

**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

### Cooperative Extension Service

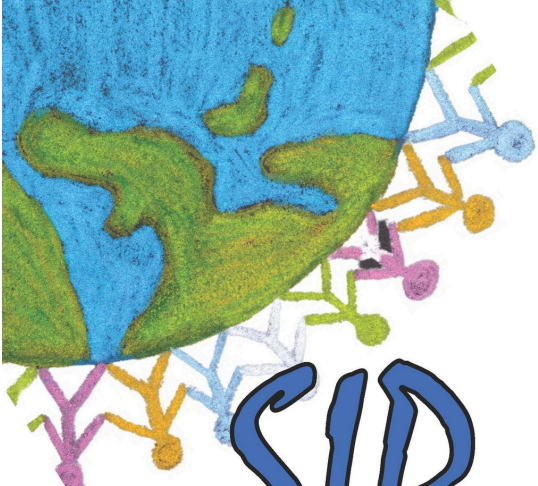
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Disabilities accommodated with prior notification.



Northern Kentucky Extension Homemakers Association presents

# SIP and PAINT

## with an International Flair

Paint along with Susan Miller, Boone County Extension Agent for Community Arts

- Discover Extension Homemakers along with your friends and family members! Join or learn how to join the group(s) in your county!
- Create a personalized mixed-media 6x6x1.5" stretched canvas with your own peaceful thoughts or saying to take home to display on a shelf or wall or give as a gift
- Enjoy internationally inspired foods, snacks, and mocktails
- Spend time exploring your creative side with old and new friends

### Saturday, October 26, 2024

10:00 a.m.—2:00 p.m.

Boone County Extension Office, 6028 Camp Ernst Road, Burlington, KY 41005  
(enter building across from flagpole)

859-912-1902 for information from Jennifer



**DETACH AND RETURN THIS COMPLETED FORM WITH CHECK PAYABLE TO Boone County Extension Homemakers before October 13, 2024**

Your name \_\_\_\_\_ (include additional names you are paying for on the back of this slip)

Your phone number: \_\_\_\_\_ Your email: \_\_\_\_\_

Number of tickets \_\_\_\_\_ @ \$15.00 = \_\_\_\_\_

# who: \_\_\_\_\_ Intend to paint \_\_\_\_\_ Don't intend to paint (same price regardless)

Send completed form and check to: Jennifer Spriggs, 6422 Linkview Ct., Florence, KY 41042

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# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

SEPTEMBER 2024

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

## THIS MONTH'S TOPIC: BUILDING AN EMERGENCY KIT ON A BUDGET

Building an emergency kit doesn't have to cause a disaster for your finances. Build it slowly, starting with essential food and water, and then buy other items as your budget allows. Add an extra item to your shopping lists once or twice a month that you can put in the kit to spread out the costs over time.

### EMERGENCY KIT BASICS

There are basic items every kit should have in addition to food and water. Download a comprehensive list at <https://ukfcs.net/DisasterKit>. Tailor the list to meet the needs of your family. Start by checking at home for items you may have on-hand. You may have a manual can opener, flashlight, extra phone chargers, batteries, and matches in the back of kitchen drawers. You can also make your own first-aid kit with items you already have like bandages, antiseptic wipes, medications, tweezers, ointment, etc.

### SHOP SALES

Make a list of items you don't have and watch for sales. If you're an online shopper, put pricier items (like a multitool or fireproof document bag) in your online cart to be notified when the price drops. Also, stock up during common sales like Back to School, Black Friday, or other annual holidays. Check



with friends or neighbors to see if they have an interest in building a kit. You may be able to combine lists and buy some items in bulk, lowering the cost for everyone.

A weather radio may also be helpful during inclement weather or power outages. Don't let price be the reason to go without. A weather radio doesn't have to be a top-of-the-line model; one that includes the basics will do. Weather radios can be battery operated or powered by a hand crank or solar panels. Check online for reviews and pricing options before buying.

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## STOCK UP ON NONPERISHABLE FOOD AND CANNED GOODS WHEN YOUR LOCAL GROCERY STORE IS HAVING A SALE



### GRAB DOLLAR DEALS

Stock up on nonperishable food and canned goods when your local grocery store is having a sale. Check weekly ads for deals like “10 for \$10,” or shop the day after a holiday when certain items are marked down or put on clearance. Be mindful when buying canned goods and don’t buy leaking, swollen, or deeply dented cans. Also, it is important to buy things that you and your family enjoy. Don’t buy pinto beans because they are on sale if no one in your family will eat them. Consider buying generic or store brand items for your kit, but don’t skimp on nutrition. Buy nutrient-dense foods that are high in protein. Find examples at <https://ukfcs.net/DisasterMenuIdeas>.

### WATER IS ESSENTIAL

Water is a necessity. You should have 1 gallon of water per person per day. If buying bottled water is too expensive, you can bottle your own. Use a food-grade container like a 2-liter

soda bottle. Don’t use containers that once held milk or juice, as these containers have residues that are difficult to remove and could provide an environment for bacterial growth. Wash the bottle and cap thoroughly using detergent and warm water. Rinse and sanitize with a solution made from 1 teaspoon unscented liquid bleach and 1 quart water. Shake the sanitizer solution all around the bottle and rinse well. Fill with clean water and add the date to the outside of the bottle. Replace this water every 6 months.

Once your kit is complete, consider making a “grab and go bag” or filling a backpack with essentials in case you must leave your home quickly. Don’t let budget constraints keep you from building an emergency kit. Start today and protect your family and your finances!

### RESOURCE:

<https://www.ready.gov/low-and-no-cost>

Written by: Annhall Norris | 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](mailto:nichole.huff@uky.edu)



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# SANTA'S CASTLE

Sponsored by: Owen County Homemakers

## Saturday, December 7th

## 10 AM-12 PM



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# SEPTEMBER

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 OFFICE CLOSED ★ <b>LABOR DAY</b> ★ ★★★	3	4 Pleasant Home Extension Office 11 AM	5	6	7
8 HAPPY GRAND PARENTS DAY	9 Sew & Go Extension Office 12 PM	10 SEW ALL DAY Extension Office 9 AM	11	12	13 Sweet Owen Sweet Owen Store 11 AM	14
15	16	17 Cotton Club Extension Office 6 PM	18 Cultural Arts Exhibits Extension Office 9 AM-12 PM	19 Annual Meeting Extension Office 1 PM	20	21 Craftin' for the Community Extension Office 9 AM 
22 HELLO Autumn	23	24	25 Crochet & Fellowship Extension Office 9 AM Area Meeting Kenton Lands 1 PM	26	27	28
29	30 Craft Club Extension Office 6 PM	1	2 Pleasant Home Extension Office 11 AM	3	4	5 

*Reminder* **Area Homemaker Meeting**

**Wednesday,  
September 25th  
1 PM**

**Durr Educational Center  
450 Kenton Lands Road  
Erlanger, KY**

Owen County Cooperative Extension Service  
265 Ellis Road  
Owenton, KY 40359

Kendal Bowman



Agriculture & Natural Resources

# Perfect Pumpkin Pancakes

## Ingredients:

- 1 egg
- 1/2 cup canned pumpkin
- 1 3/4 cup milk, low-fat
- 2 tablespoons vegetable oil
- 1 teaspoon salt
- 2 cups flour
- 2 tablespoons brown sugar
- 1 tablespoon baking powder
- 1 1/4 teaspoons pumpkin pie spice

## Directions:

1. In a large mixing bowl, combine flour, brown sugar, baking powder, pumpkin pie spice and salt.
2. In a medium mixing bowl, combine egg, canned pumpkin, milk, and vegetable oil, mixing well.
3. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. For thinner batter, add more milk.
4. Lightly coat a griddle or skillet with cooking spray and heat to medium.
5. Drop batter mixture into the prepared griddle by heaping teaspoon. Cook until golden brown, turning once with spatula when the surface begins to bubble. Continue cooking until the other side is golden brown. Repeat process, making 12 pancakes.