


Homemakers

F&CS

 Martin-Gatton
College of Agriculture,
Food and Environment

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

FAMILY & CONSUMER SCIENCES - EXTENSION HOMEMAKER NEWSLETTER

SEPTEMBER 2023

Dear Owen County Extension Homemakers,

September is here and that means right around the corner is fall! The first official day of fall is Saturday, September 23, 2023. The County Annual Meeting is being held on Thursday, September 14th at 6:00pm. Doors open at 5:00pm and dinner is provided at \$15 per person. Make sure to call and add your name to the list so we can get a head count for food. Reminder that Cultural Arts will be checked in the day before on Wednesday, September 13th from 9am-noon. Hope to see you at our County Annual Meeting as well as the upcoming Area Annual Meeting coming up on October 18, 2023 and is \$20 (registration due by October 6, 2023).

Don't forget to renew your dues **no later than November 30th**. The cost for a one year membership is \$10. \$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 as a active club member!

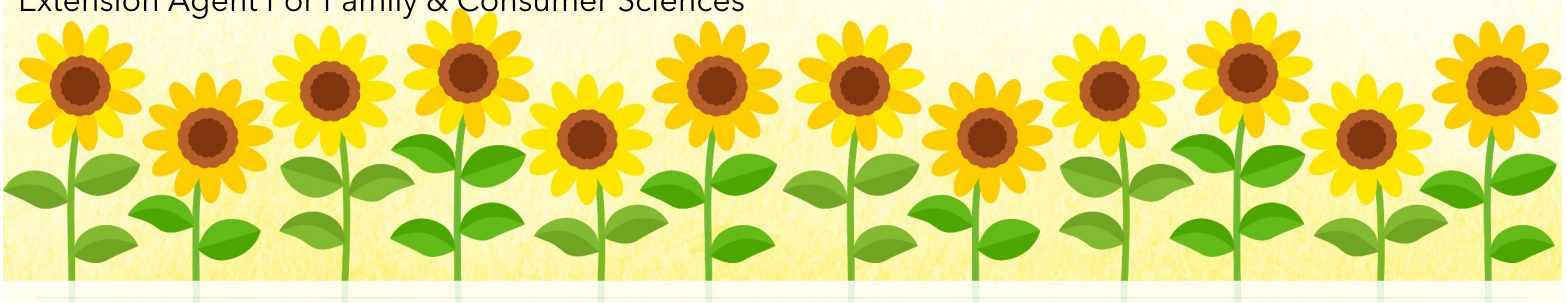
The Fall 2023 Craftin' for the Community Event is September 30th starting at 9am! Make sure to register and join many others and enjoy a day of craftin' with friends as well as help a great non-profit organization in our community. This year proceeds will go to the Owen County Friends of Animals. Call the office for more information if you are interested!

Our Annual HMK Leader Training will be held on October 19th at 1pm here at the Extension Office. Please be sure to call and register by October 18th!

Life Line Screening opportunity is coming up on October 31st at the Extension Office. Look for the insert in the newsletter for more information on registration as that is not through our office!

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

Chelsea R. Young




**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

Sign Up to Present at the 2024 State Meeting

Calling all homemakers with information to share! Learning session proposals for the 2024 KEHA State Meeting are due by Oct. 15 to First Vice President, Ann Porter. KEHA members are encouraged to share their knowledge by presenting a learning session. The form can be found at :

<https://keha.ca.uky.edu/content/state-meeting-information>



Don't forget each club needs to bring at \$15 to \$20 door prize for the annual meeting on September 14th.



KEHA Week Oct. 8-14



“Plant the seed – Help us grow”

Make plans to attend the 2024 KEHA State Meeting at Sloan Convention Center and Holiday Inn University Plaza in Bowling Green!
May 7-9, 2024
Blazing the Way with KEHA



Santa's Castle

Pillow making date is set for Thursday, November 16th. Please join us if you would like to help make pillows. If you have other items you would like to make, we will accept them for Santa's Castle. If you have any donations, make sure you bring them to the Extension Office prior to Thursday, November 30th!

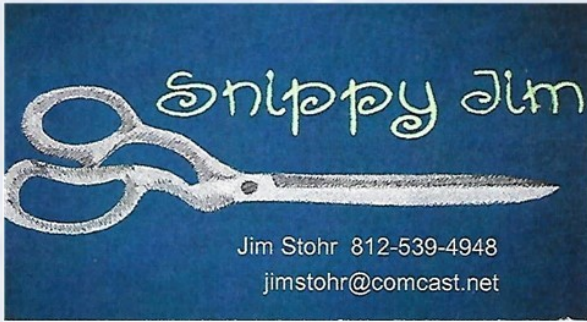
Set up is Thursday, November 30th starting at 10am

Homemaker Book List

No Time Like the Future: An Optimist Considers Mortality by Michael J. Fox (2020). From the well-known actor of Back to the Future, Michael J. Fox reflects on thoughts of his own morality as he aged with illness. Diagnosed with Parkinson's disease at the age of twenty-nine, Fox has been an outspoken advocate for bringing awareness to the disease, in hopes of finding a cure. This is a memoir of personal resilience, wisdom, and the choice of optimism through loss and hardship.

When the Meadow Blooms by Ann H. Gabhart (2022). If any place on God's earth was designed to help heal, it is Meadowland. Surely here, at her brother-in-law's Kentucky farm, Rose and her daughters can recover from the events of the recent past--the loss of her husband during the 1918 influenza epidemic, her struggle with tuberculosis that required a stay at a sanatorium, and her girl's experience in an orphanage during her illness. At Meadowland, hope blooms as their past troubles become rich soil in which their faith can grow.

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



SCISSOR SHARPENING

We are pleased to announce **Snippy Jim** will be coming the following days/times to provide his scissor sharpening services.

\$5 per implement

Owen County Extension Office
Tuesday, September 5, 2023
11AM-3PM

Call to Register at (502) 484-5703

In addition to scissors, he sharpens snips, pinking shears, knives, garden tools, axes, loopers, and manual hedge trimmers.

You are welcome to bring any item that needs to be sharpened. Snippy has been at quilting events throughout Kentucky, Indiana and Ohio.

**He does NOT grind your implements;
he SHARPENS them.**

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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Lexington, KY 40506



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with prior notification.

You're invited



2023 EXTENSION HOMEMAKERS 77th Annual Meeting SEPTEMBER 14TH

**OWEN COUNTY EXTENSION OFFICE
DOORS OPEN 5:00 PM
MEETING 6:00 PM**



**CULTURAL ARTS
SEPTMEBER 13TH
CHECK IN: 9 AM- NOON**

**DINNER PROVIDED
\$15 PER PERSON
RSVP BY 9.7.2023
502.484.5703**

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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. 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. 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
 - 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.



**INTERESTED
IN LEARNING TO SEW?**

**UK Cooperative
Extension Service**

Beginner Sewing Series

**MONDAY,
SEPTEMBER 18TH**

&

**MONDAY,
SEPTEMBER 25TH**

1:00PM -3:00PM

**OWEN COUNTY
PUBLIC LIBRARY**

**LEARN HOW TO
MAKE A FALL TABLE RUNNER**



**PLEASE CALL THE LIBRARY REGISTER BY
SEPTEMBER 15TH
(502)484-3450**

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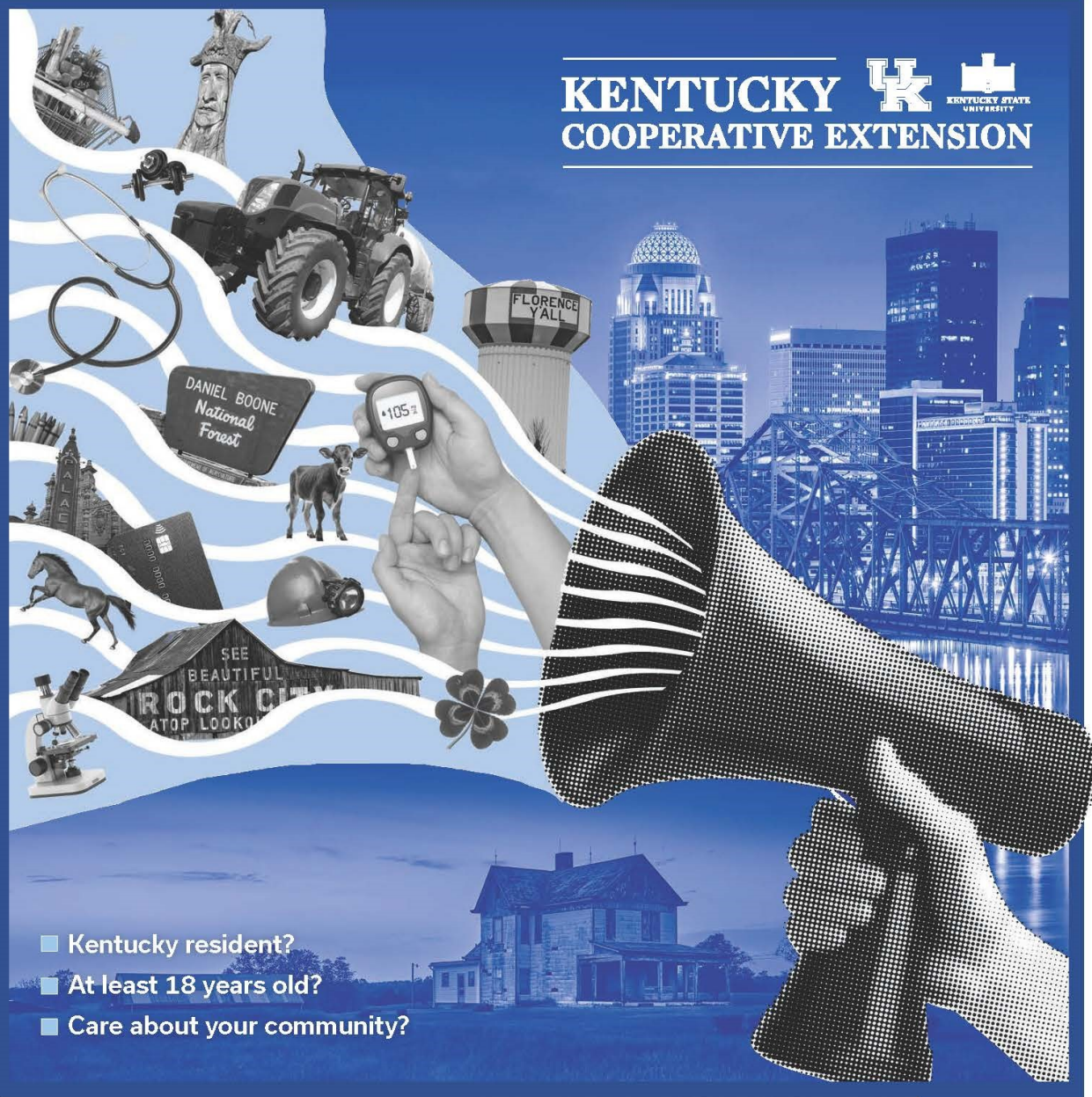
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Lexington, KY 40506



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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

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University of Kentucky
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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**

Cooperative Extension Service

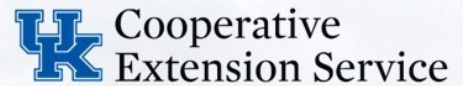
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Owen County Homemaker Leader Training

Thursday, October 19th

1:00 PM

Owen County Extension Office

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

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 **LUNCH AND LEARN** 

**OWEN COUNTY COOPERATIVE EXTENSION
265 ELLIS HIGHWAY**



MENU

1. **October 18 : Getting your 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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GETTING YOUR HOUSE IN ORDER

OCTOBER 18, 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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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 in. 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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FALL



Martin-Gatton
College of Agriculture,
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University of Kentucky.

PRESCHOOL



OWEN COUNTY EXTENSION
265 ELLIS ROAD



DAY

FRIDAY 10AM-NOON



SEPTEMBER 29th AGES 3-5

Playdough

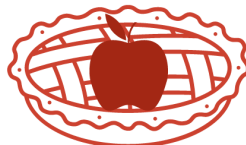


KET

STORYTIME & CRAFT



CORN SENSORY BIN



PIE BIN



TRACING

CALL 502.484.5703
TO REGISTER

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September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 OFFICE CLOSED 	5 Sew All Day Owen County Extension Scissor Sharpening 11 AM-3PM Owen County Extension	6 Pleasant Home 11AM Owen County Extension	7	8 Sweet Owen 11AM Sweet Owen Store	9 Memory Makers Owen County Extension
10 	11	12	13 Cultural Arts 9AM-NOON Owen County Extension	14 HMK Annual Meeting Doors Open 5PM Meeting 6PM Owen County Extension	15	16 
17	18	19 Sew & Go 12PM Owen County Extension Cotton Club 6PM Owen County Extension	20	21	22	23 
24	25 Craft Club 6PM Owen County Extension	26	27 Crochet & Fellowship 9AM Owen County Extension	28	29 Fall Preschool Day 10AM-NOON Owen County Extension	30 Craftin' for the Community



Beefy Stuffed Peppers

1 cup uncooked,
whole wheat couscous
1 small tomato, diced
½ cup garbanzo beans
1 teaspoon dried
Italian seasoning

¼ teaspoon ground
black pepper
1 teaspoon salt
½ cup low fat
shredded mozzarella
cheese

4 large bell peppers
½ pound lean ground beef
1 tablespoon chopped green
onion
1 tablespoon minced garlic

Cook couscous according to package directions. **Preheat** oven to 350 degrees F. **Combine** cooked couscous, tomato, beans, Italian seasoning, pepper, salt and mozzarella cheese in large bowl; set aside. **Remove** the tops, seeds and membranes from peppers. **Cook** peppers in boiling water for 5 minutes; **drain** upside down on paper towels. **Cook** beef until lightly browned in skillet. **Add** minced garlic and green onions to beef and sauté until

soft. **Drain** fat. **Toss** beef mixture into the couscous mixture. **Stuff** bell peppers evenly with mixture. **Place** in a lightly greased 9 x 9 inch baking dish. **Bake** for 15-20 minutes or until peppers are tender and cheese is melted.

Yield: 4 servings

Nutritional Analysis: 280 calories, 6 g fat, 2.5 g saturated fat, 35 mg cholesterol, 790 mg sodium, 36 g carbohydrate, 7 g fiber, 6 g sugar, 21 g protein



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

