

Homemaker Newsletter

October 2023

Thought of the Month:

"Authenticity is the daily practice of letting go of who we think we are supposed to be and embracing who we are." – Brené Brown

Roll Call:

In October we celebrate Halloween. What was your favorite costume ever?



Homemaker Week is October 9-13th!

Homemakers Week is coming up soon! In celebration of the Russell County Extension Homemakers, the council has created a variety of activities for you to partake in. Please call to RSVP for all events.

Monday: 12-2- Fleece blanket making for the Child Advocacy Group (you can also bring non-perishables and hygiene items to donate).

5-7- Bunco Night! Bring a friend and learn how to play Bunco! Please bring a snack.

Wednesday: 10-1- Canning Lid Flower Craft. Please join us in making a fun craft taught by Sue Foley!

Thursday: 9:30-11- Brunch with the Homemakers- Bring a friend and a dish and join us in fellowship at the Extension Office. Please call to tell us what you are bringing.

Friday: 7:30-12- Kickoff of Pecan fundraiser! Selling pecans at the farmer's market.

Homemaker Week: October 9-13th

Judge/Executive Randy Marcum of Russell County has officially declared October 9-13th Homemaker Week! Please see the flyer in the back for all of the activities that will be offered during the week. We are also recruiting homemakers! Contact the Extension Office for more information!



SUE FOLEY (LEFT), RANDY MARCUM (MIDDLE), AND MEGAN GULLETT (RIGHT) SIGN THE KEHA HOMEMAKERS WEEK PROCLAMATION

Fundraisers

Homemaker fundraisers are about to kick-off! We will be doing two fundraisers this fall!

Sales of **pecan pieces and halves** start **Friday, October 13th**! Please contact Melonie Eubank (or the Ext. Office) for information on how to sell them.

Starting **Monday, October 9th**, each club will be selling **Rada products**! We have 3 catalogs, and there will be the option to sell online as well. More info will be given as the online catalog is set up. Rada sales will currently run 10/9-11/17, so that orders can be delivered before Christmas.

Club Meeting Information

Homemakers on the Go Meeting

Hold the date of **November 9th** for a trip to **Glasgow!** Homemakers on the Go invite you to join them at a luncheon at the *Little Taste of Texas* in Glasgow, KY, and a day of antiquing at the local stores. If you are interested in carpooling, please meet at the Extension Office no later than 9:00.

Please **RSVP by Nov. 6th @ 12**, if you plan to attend. Call 270-866-4477.

Please bring **Mac N' Cheese boxes** for God's Food Pantry.

Address: 303 S. Broadway St,
Glasgow, KY

Homemaker Leader Lesson: Transferring Your Cherished Non-Titled Possessions

Estate planning can be a complicated process, especially when considering how to transfer personal property to people who will want and care for it after your death. Charting a course of action as you begin is a way to provide clarity when creating an estate plan for your non-titled possessions.

Join us on **Monday, October 23rd @ 4 PM** as we help you establish the importance of estate planning for non-titled possessions.

Sunset Club

The Sunset Club will be meeting on **Tuesday, October 24th @ 6 PM** at Snaps Soda Shop for their monthly meeting.

All are welcome to join them for a time of fellowship, leadership, and good food!

The Piecemakers Quilt Guild

The Quilt Guild will be meeting on the **2nd and 4th Mondays** of the month for fellowship and quilting. on the 2nd Monday, the meeting starts at 10 AM, and on the 4th Monday, they will start at noon.

Autumn Health Concerns

SOURCE: KATHERINE JURY, EXTENSION SPECIALIST FOR FAMILY HEALTH

There are many things to love about autumn: The air begins to cool down a bit, leaves change colors, and there are many special foods and fragrances that we associate with this time of year. However, autumn can also bring specific health concerns for some people. You can address your health concerns and still enjoy the season and all it has to offer.

Dry Skin – As the air cools, some people have more dry skin. To prevent cracking and itching, try to stay hydrated by drinking plenty of water, continuing to wear sunscreen when outdoors, and use a lotion or cream skin barrier to help moisturize skin when you get out of the bath or shower.

Decreased Immune Function – You may find yourself getting sick more as the seasons change. Stay up to date on all vaccines, wash your hands, and check with your doctor if allergy or cold symptoms become persistent.

Sleep Disturbances – Even though the days are becoming shorter, you may find that you are getting less sleep at night. This can happen as the season change affects circadian rhythms. Try to establish a consistent bedtime routine, plan to get at least seven to eight hours of sleep per night, and avoid screens once you turn off the lights.

Take advantage of the change in seasons to catch up on needed annual health exams as well. If you have not done so, schedule an annual physical, dental cleaning, and vision check. These strategies combined can help you have an enjoyable autumn and end the year well.

Reference:

<https://www.cdc.gov/chronicdisease/resources/infographic/healthy-fall.htm>

Butternut and Acorn Squash Soup

SERVINGS: 7 SERVING SIZE: 1 CUP

Source: Plate it up! Kentucky Proud Project.

Ingredients:

- 1 butternut squash, halved and seeded
- 1 acorn squash, halved and seeded
- 1 tablespoon olive oil
- 1/3 cup chopped sweet onion
- 4 cups chicken broth
- 3 tablespoons peanut butter
- 1/3 cup packed brown sugar
- 1/2 teaspoon ground black pepper
- 3/4 teaspoon ground cinnamon
- 1/4 teaspoon nutmeg
- Fresh parsley for garnish



Directions:


1. Using a vegetable peeler, remove the skin from the butternut and acorn squashes and cut into 1-inch cubes.
2. In a large soup pot, heat the oil on medium high.
3. Add the onion, and cook 1 to 2 minutes until it starts to become translucent.
4. Add cubed squash, and cook 4 to 5 minutes.
5. Add chicken broth, and bring to a boil.
6. Lower heat, and simmer 30 to 35 minutes, until the squash is fork tender.
7. Allow to cool slightly, then blend until smooth in a food processor or blender.
8. Return mixture to the pot, and heat to medium low.
9. Add peanut butter, brown sugar, pepper, cinnamon, and nutmeg.
10. Stir until well blended.
11. Garnish with fresh parsley. Serve warm.

200 calories, 6g fat, 1g saturated fat, 5mg cholesterol, 600mg sodium, 36g carbohydrate, 4g fiber, 14g sugar, 10g added sugar, 4g protein.



MEGAN GULLETT
CEA FOR FAMILY & CONSUMER SCIENCES

October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9 Sit & Sew 10-12 Fleece Blankets 12-2 BUNCO Night @ 5	10 Laugh & Learn @ 6	11 HM Flower Craft @ 10-1	12 Brunch 9:30- 11	13 Pecan Sales 7:30-12:00 Jerky 101 @ 12	14
15	16 Cooking the Calendar @ 5	17 Resin Jewelry Craft @ 5:30	18	19	20	21
22	23 HM Leader Les- son @ 4 Pm Council Meeting @ 5	24	25	26	27 Kickstart the Holidays @ 9- 1	28
29	30 Jerky 101 @ 5 PM	31 				

Russell County Extension Homemaker Week Schedule

- Monday, Oct. 9th, 12:00-2:00
Making Fleece Blankets for the Child Advocacy Group
You can bring non-perishables & and/or hygiene items for the kids as well
- Monday, Oct. 9th, 5:00-7:00
Bunco Game Night
Bring a friend & snack
- Wednesday, Oct. 11th, 10-1:00,
Mason Jar Flower Craft
Bring scissors, ruler, & a glue gun if possible
- Thursday, Oct. 12th, 9:30-11:00
Brunch w/ Homemakers on the Go
Sign up to bring a dish and a friend
- Friday, Oct. 13th 7:30-12
Pecan sales with the Farmer's Market
Sign up today to help

Please RSVP By Calling 270-866-4477!

Plant the Seed...Help Us Grow!

Homemakers Week 2023

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



Disabilities
accommodated
with prior notification.

ITALIAN ONE POT PASTA & BEANS

Cooking Through the
Calendar Series

Come Join us for a Free Recipe
Demonstration & Sampling

RSVP Required. Please call 270-866-4477 by
Friday, October 13th, to Save Your Seat.

OCT. 16
5 PM



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Jerky 101 Workshop

COME LEARN ABOUT
MAKING JERKY

OCTOBER
30TH @ 5 PM

Learn about how to make jerky by dehydrating
meat! This workshop is excellent for the upcoming
hunting season!

Please call 270-866-4477 to RSVP by Monday,
October 23rd.



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Kickstart THE HOLIDAYS

Friday, October 27th
Adair County Extension Office
409 Fairground Street, Columbia
Registration begins at 9:00 am CST
Program begins at 9:30 am CST

Join Us to Learn About:

- Creating & Maintaining Family Traditions
- Managing Holiday Finances
- Holiday Floral Arrangements
- Tasty Holiday Treats
- Family Fun for the Holidays
- And more along with Great Fellowship & Sharing!

Registration and \$10 fee due to
YOUR County Extension Office
by October 11th

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Jewelry Making



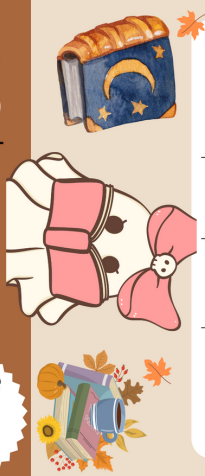
October 17th @
5:30 PM

Come join Kara from the Taylor County Extension
Office, and learn how to make resin jewelry!

Space is limited, please call 270-866-4477 to save
your spot! This class is **FREE** on a first-come-
first-serve basis.

Laugh & Learn

Snacks | Crafts | Games | Books



October 2023
535 N. Main
St.
Jamestown, KY 42629

October 2023

Call (270) 866-4477 to RSVP

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3-5 y/o

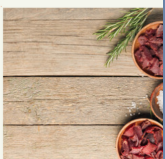
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