

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

AUGUST 2023

Dear Owen County Extension Homemakers,

August is here and bringing lots of exciting things with it including back to school, the Kentucky State Fair, and also the Area Homemaker Leader Lesson on B.A.R.N. If you are not familiar with this program, it is very similar to the Farm Dinner Theater changing a few topics to focus on Bring Awareness Right Now to Mental Health and Well-Being. Please consider joining us on August 31st for this Dinner Theater and invite your friends and families to attend with you! We have many talented NKY Area Homemakers working hard to put on skits that will not only entertain you but will hopefully inspire you in areas concerning mental health and well-being.

The Kentucky State Fair is August 17th -27th this year and I have a limited number of tickets (including parking) at NO COST for Homemaker members. Call the office if you are interested in a free ticket, they are first come first serve. We will not have a day trip planned as a group this year so you are able to use these tickets any day of the Kentucky State Fair that works best for you. If you are able to attend, I would love to see your pictures so I can share them in the September newsletter!

Coming up right around the corner is our Annual Homemaker Meeting on Thursday, September 14th. Doors will open for the meeting at 5:00pm with dinner provided and the meeting will begin at 6:00pm. Tickets for the meeting are \$15 to cover the cost of dinner. Please call the office to register by Thursday, September 7th so we can give numbers to the caterer for dinner! Bring your Cultural Arts entries Wednesday, September 13th in the morning from 9am-noon and judging will be at 1pm.

Also, you'll find enclosed the 2023-2024 Homemaker membership application. View the back for a brief description of what each club entails.

I hope you are enjoying your summer and I hope to see you at our Annual Meeting!

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.



Homemaker Happenings 2023 OWEN COUNTY FAIR



Best of Show

Julie Donahue

CULINARY

CLOTHING

Beverly Coleman

CANNING

Kathy Spaulding

CROCHETING

Lucile Howard

NEEDLEWORK

HOMEMAKERS

HANDICRAFT



Top Exhibitor- Canning

Connie Gayle

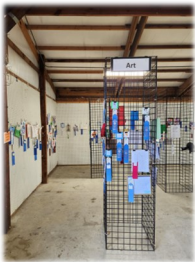
Top Exhibitor- Knitting & Crocheting

Carol Ann Taylor

Top Exhibitor- Homemakers &

Hazel Jo Arnold Award

Beverly Kincaid




Kentucky
STATE FAIR
AUGUST 17-27

Thank You to everyone who brought exhibits and helped at the Owen County Fair this year!

If you are interested in a ticket to the 2023 Kentucky State Fair, call the office. We have a limited number of tickets available for Homemaker members at NO COST!

DEEP THOUGHTS WITH DENISE

Welcome August! I hope you all have been keeping cool during these past few weeks and here is praying that August is not as warm. School is about to start and the crew at our house is finally about to move into their new home just before school starts!! So happy for them.

This will be my last installment of my little corner in the newsletter. I will have to say the last two years have been such a joy to have been serving as your president. I have learned a lot about our clubs and the organization as a whole. It hasn't been without its challenges, but I have worked through those times with the help of others. Thank you.

Now for a few housekeeping items:

1. If you plan to attend the county area meeting in September please call the office to sign up so we can get our numbers to the caterer. Entertainment will be some of the members from dulcimer group that meet in Owenton one day a week. Meal will be baked chicken, pork tenderloin with gravy, potatoes, green beans, a cold salad (either tossed or pasta not sure which yet), roll and dessert. The cost this year will be \$15.00.
2. If you plan to attend the Area annual meeting please sign up at our office and pay the \$20.00 when you sign up. They are asking us to sign up as a county with one check going to Gallatin County Homemakers. Please sign up by October 1st so we can get the county reservations to Gallatin by October 6th. The meeting will be held at the Boone county Enrichment Center October 18th. Our county's very own Melody Stafford will be our keynote speaker; see flier in this newsletter.
3. Officers still needed. We are still in need of a president and a vice president. Please consider serving this wonderful organization.
4. Donations for Santa's Castle: start thinking about gathering your stuff for Santa's castle it will be here before we know it.
5. The BARN program on August 31st is the Homemakers first four lessons of the year.
6. **Cultural arts check in will be September 13th from 9 - Noon. Yes this is the day before the meeting. Please note the change. If you are unable to drop off that day please bring them during that week and leave them with Chelsea.**

In closing, I would like to share one of my favorite things I do each day. First thing in the morning when my house is quiet I say a small prayer of thanks for my new day, and think about one (sometimes more) thing that brings me joy. I am so thankful for the many blessings I have in my life and the joy they bring to me each and every day. Sometimes it's all you need to get through a rough patch. I know I have said it before but I do hope you find joy in your life.

Denise Perkins

Homemaker Book List


The Light We Carry: Overcoming in Uncertain Times by Michelle Obama (2022). Michelle Obama offers readers a series of fresh stories and insightful reflections on change, challenge, and power, including her belief that when we light up for others, we can illuminate the richness and potential of the world around us. Drawing from her experiences as a mother, daughter, spouse, friend, and First Lady, she shares the habits and principles she has developed to successfully adapt to change and overcome various obstacles.

When the Meadow Blooms by Ann H. Gabhart (2022). If any place on God's earth was designed to help one 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 girls' 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.**

HELP BUILD THE KEHA BOOK LIST FOR 2024 BY SUBMITTING YOUR SUGGESTIONS TO CULTURAL ARTS AND HERITAGE CHAIR!!

See details below




**Kentucky Extension Homemakers Association
Cultural Arts and Heritage — Book List**

Please help compile our next KEHA Book List (to be available July 1, 2024) by suggesting discussion-worthy, well written books, published in the past 3 years. Books should be submitted from the following nine categories:

- Arts
- Biography
- Family and Consumer Sciences
- Fiction
- History
- Kentucky
- Religion and Spirituality
- Travel
- Classics and Old Favorites (may be older than 3 years)

Please submit your suggestions by **March 15, 2024**, to the current State Cultural Arts and Heritage Chair:

Preferred method (click or scan):	Or E-Mail information to:	Or MAIL information to:
Qualtrics Link for KEHA Book List Submission	seibbarbara@yahoo.com	Barbara Seiter 8669 Valley Circle Drive Florence, KY 41042
		
Questions? call Barb at (859) 653-7655		

If submitting by email or mail, please include the following information:

- Category (from list above) --
- Name of Book --
- Author --
- Year Published --
- Short Description (3 or 4 sentences, use back if necessary) --

Handbook 44
June 2023

Bringing Awareness Right Now



BARN

**FARM
DINNER
THEATER**

to Mental Health and Well-Being



Farm Dinner Theater is a unique program that uses drama to convey important messages to the community. The theme of the program focuses on mental health and wellbeing and the important role it plays within our families and the community. During the program, participants will have the opportunity to engage in community conversations about mental health and will receive resources to further those conversations afterward

**THURSDAY
AUGUST 31, 2023
DOORS OPEN @5:30PM**

**DINNER SERVED UPON ARRIVAL
PROGRAM RUNS FROM 6PM-8PM**

**LOCATED @ THE BOONE COUNTY
ENRICHMENT CENTER:**

**1824 PATRICK DR, BURLINGTON,
KY 41005**

***TO REGISTER CALL-859-586-6101*
MUST REGISTER BY THURSDAY,
AUGUST 24TH @ 4:30PM.**

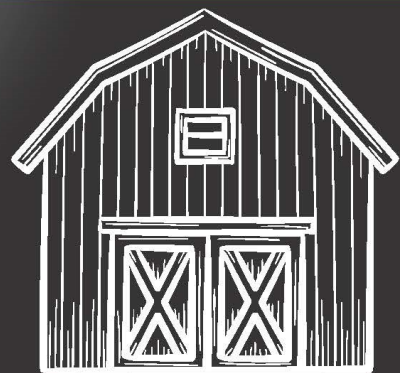
TICKETS ARE

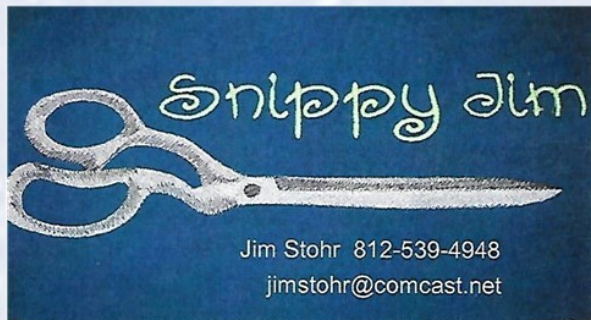
FREE



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

College of
Nursing





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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Disabilities
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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.

You're invited

 Martin-Gatton
College of Agriculture,
Food and Environment



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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**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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Lexington, KY 40506



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Fall 2023 Craftin' For The Community

Sat., September 30th starting at 9 AM

at the Owen County Extension Center
Proceeds will go to the Owen County Friends of Animals



Coming together to enjoy a day of craftin' with friends old and new is a great thing. When you combine craftin' with helping a great non-profit in our community – now that is small-town AWESOME! Join us!

Table Spots Available

Don't delay because space is limited

(payment must be received to hold)

6-foot table \$55

Share a table \$30

Mail your registration today!

Questions? Call Dawn at 502-682-2725

Due to food costs, we have raised the price by \$5 for the first time ever! If that causes you a hardship and you still would like to attend, please call me.

Food, Vendors, Classes, Chair Massages and Fellowship

This is a relaxed, fun filled day! Lunch, snacks, and drinks will be provided.

Do you have a craft you wish to share by teaching a class?

We will also be collecting non-perishable food and personal care items for Meeting The Needs and a special prize given by drawing out one name of a participant - one entry per item donated! And don't forget about our craft supply yard sale table and awesome vendors too!

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 to the Friends of Animals group. If making a donation, please make check to The Friends of Animals.

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**

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:

- | | | |
|--|-------------------------------------|-------------------------------------|
| <input type="radio"/> Cotton Club | <input type="radio"/> Home & Heart | <input type="radio"/> Pleasant Home |
| <input type="radio"/> Craft Club | <input type="radio"/> Mailbox | <input type="radio"/> Sew & Go |
| <input type="radio"/> Crochet & Fellowship | <input type="radio"/> Memory Makers | <input type="radio"/> 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,
Food and Environment
University of Kentucky.

PRESCHOOL



OWEN COUNTY EXTENSION
265 ELLIS ROAD



DAY

FRIDAY 10AM-NOON



SEPTEMBER 29th AGES 3-5

Playdough

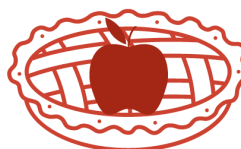


KET

STORYTIME & CRAFT



CORN SENSORY BIN



PIE BIN



TRACING

CALL 502.484.5703
TO REGISTER

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Extension Service

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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: Gallatin County Homemakers

Mail to: Gallatin County Extension Office, PO Box 805, Warsaw, KY 41095-0805

← If possible, register by county

**Reservations due by
October 6, 2023**

**Cost:
\$20.00**

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

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August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8 Sew All Day Owen County Extension Community Wide Cook-Out 11 AM-2 PM	9	10	11 Sweet Owen 11AM Sweet Owen Store	12
13	14	15 Cotton Club 6 PM Owen County Extension	16  BACK TO SCHOOL	17 Opening Day 	18	19
20	21	22	23 Crochet & Fellowship 10 AM Owen County Extension	24	25	26
27 Closing Day 	28	29	30	31 		



Mozzarella Basil Chicken with Roasted Grape Tomatoes

4 (4 ounce) boneless chicken breast halves	12 large fresh basil leaves	2 ½ cups grape tomatoes, halved
½ cup lite balsamic vinaigrette dressing	2 ounces low-fat skim mozzarella cheese, cut into four slices	4 tablespoons shredded Parmesan cheese

Place chicken breasts into a 1 gallon zip close plastic bag. **Pour** ¼ cup of dressing over chicken. **Marinate** in refrigerator for 30 minutes. **Preheat** oven to 400 degrees F. **Remove** chicken breasts from marinade. **Discard** bag and marinade. Make a deep **slice** into one long side of each chicken breast half, being careful not to cut through to the opposite side. **Fill** each chicken breast pocket with 2 basil leaves, 1 slice of mozzarella cheese, and two grape tomato halves. **Place** chicken on one side of rimmed baking sheet sprayed with nonstick spray;

add tomatoes to the other side of baking sheet. **Sprinkle** each breast half with 1 tablespoon of Parmesan cheese. **Bake** 30 minutes or until chicken reaches an internal temperature of 165 degrees F. **Cut** remaining basil leaves into thin slices and toss with remaining dressing and roasted tomatoes. **Serve** chicken topped with tomato mixture.

Yield: 4 servings

Nutritional Analysis: 220 calories, 6 g fat, 3 g saturated fat, 85 mg cholesterol, 720 mg sodium, 10 g carbohydrate, 1 g fiber, 5 g sugar, 31 g protein.



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

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