



Homemakers F&CS

FAMILY & CONSUMER SCIENCES - EXTENSION HOMEMAKER NEWSLETTER

JULY 2023

Dear Owen County Extension Homemakers,

July is a very special month for many reasons, however, the most important is the 4th of July Holiday. This is a time to celebrate our freedom and independence. I hope you take time to spend with family and friends to celebrate this special occasion. And while you are celebrating you can also come to the Owen County Fair as it kicks off on Tuesday, July 4th and runs through Saturday, July 8th. A flyer with dates, times, and events is included in the newsletter on page 2.

With July being a prime month for taking vacations with family and friends, just remember to make sure to keep a close eye on your finances, not only from spending, but also because of fraudulent activity. Remember to contact your bank as soon as you notice anything suspicious and do not call phone numbers directly listed on emails as they could be spam. There have been many phone calls coming through lately that are also fraudulent, do not answer them and if you do, never give them your name or respond with "YES". This could be a way for them to use your recorded voice against you.

Keep yourself safe during the Holiday and throughout the summer months!

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

Chelsea R. Young



2023 OWEN COUNTY FAIR

Midway open Tuesday, July 4, through Saturday, July 8, 2023

Miss Teen/Pre-Teen and Miss Owen County Fair/Miss Owen County pageants will be held at Maurice Bowling Middle School on Saturday, June 10, 2023. Pageants begin at 3 p.m. Entry is \$5.
9 A.M.-4 P.M., JUNE 28-30, 2023: Enter Exhibits (Except Food, Farm Crops, Garden & Flowers)

SATURDAY, JULY 1

9 a.m.-noon, Enter Exhibits
(all but food, farm crops, garden and flowers)
10 a.m., 4-H & FFA Open Sheep Show
6 p.m., 4-H & FFA Open Goat Show

SUNDAY, JULY 2

6:30 p.m., Mother/Owen Countian of the Year
7 p.m., Community Wide Worship Service

MONDAY, JULY 3

9 a.m.-noon, Enter Exhibits (food, farm crops,
garden and flowers)

TUESDAY, JULY 4

6 p.m., Family Fun Night Begins
6 p.m., Pedal Pull
7 p.m., Children's Pet Show
8 p.m., Family Fun Night Events Continue

WEDNESDAY, JULY 5

5 p.m., Baby Contest
6 p.m., Little Prince/Little Princess Pageants
7 p.m., Little Miss (Local) Pageant
7 p.m., Top Dog Promotions Demolition Derby
8 p.m., Little Miss & Mister Pageant
8 p.m., 4-H & FFA Open Swine Show

THURSDAY, JULY 6

6 p.m., 4-H & FFA Open Small Animal Show
6 p.m., Battle of the Bluegrass Pulling Series

FRIDAY, JULY 7

6 p.m., KITPA Truck/Tractor Pull

SATURDAY, JULY 8

9 a.m.-noon, Pick up items from Exhibit Hall
10 a.m., 4-H & FFA Open Beef Show
2 p.m., 4-H & FFA Open Dairy Show
7:30 p.m., Top Dog Promotion Demolition Derby

Admission to the Owen County Fair is \$15

Weekly passes are available at the Owen County Visitor Center & Gift Shop

Present admission ticket for ride armbands

Gate fee is not refundable

DEEP THOUGHTS WITH DENISE

It is July! I want to wish everyone a safe and happy 4th of July. At my house we will be having an annual cook-out, lots of swimming, eating, yard games and our annual cousins picture.

This month the Craft club will be starting back up after our long pause due to COVID. Meeting will be July 31st at 6:00 at the extension office meeting room. We will be doing a diamond art activity which will cost 4.00 cash or check made to Denise Perkins will be taken in payment for this craft. (I purchased the supplies for this craft so it will be a reimbursement to me). During this meeting we discuss what other crafts the club would like to do in upcoming meetings. We also will be discussing dates and time to meet. If you would like to be part of this club, call the office, and sign up on the list they will be asking if you want a tree, Christmas or two bookmarks as your craft of choice. Please be aware that there are a limited number of kits available, and this is a club meeting.

The homemaker council has formed a nomination committee for the 2023-2025 nomination for President and Vice President. President position is necessary for us to comply of the homemaker bylaws. This position is not very difficult you would with help from the FCS advisor set the agenda and preside over the homemaker council, attend Northern Ky Homemaker's area meetings, helping with arranging programs if asked, set up committees when necessary for various homemaker activities, attend the state meeting as a voting delegate and preside over the annual meeting. If for some reason you are unable to attend the state meeting or area meetings, you can send a representative. The council only meets 3 to 4 times a year. The Vice president main responsibility is membership, planning the annual meeting, attending the state meeting as a voting delegate, and step in when the president is unavailable. Again, if you are unable to attend the state meeting someone else can represent the Owen County Homemakers at the state meeting. When planning the county annual meeting you will have help from a committee. The Vice president IS NOT ALSO PRESIDENT ELECT, there is nothing in the bylaws that states this, and it is not part of the job.

Denise Perkins

Homemaker Book List

The Garden Refresh: How to Give your Yard Big Impact on a Small Budget by Kier Holmes (2022). Garden designer Kier Holmes shares everything you need to create a productive and lush garden that can truly be used and enjoyed. Packed with hundreds of tips on design, plant selection, and how to address problematic situations, it also has information on which hardscape elements are worth the splurge, how to decide where to start, and how to reduce maintenance through design.

The Yellow Bird Sings by Jennifer Rosner (2020). Inspired by true stories of Jewish children hidden during the Second World War. As Nazi soldiers round up the Jewish people of their town, Roza and her 5 year old daughter Shira flee to seek shelter in a neighbor's barn. Hidden day and night in a hay loft, Shira struggles to stay still and quiet.

PROPOSED LAW CHANGES:

The council also had the first reading of bylaw changes and will be having the second reading in August and bring it to the whole group for vote in September. The council did approve some just basic grammar corrections to the bylaws. You will find a copy of the proposed changes in this month's newsletter. If you have questions, please contact me (Denise Perkins at rdperkins52@yahoo.com) I had only one other person to help me work on these proposed changes which are allowed. The bylaw changes, if they are accepted, will mean the creation of new position and abolishment of others. The new position will be a Education Programs Reporter which will be the person who is responsible to gathering and reporting information on the state forms. Which are due to the state homemaker's association. The positions being written out are the educational chairs. The reason behind removing these chairs is twofold. One the lack of people wanting to hold these positions and two the lack of educational reporting from the clubs. Since most of our clubs are nontraditional many do not participate in the educational activities or give information for those educational areas annual state reporting requirements. As we have many tell us "My club doesn't want to fill any of those pages out or keep their volunteer hours.". I have also had several state that they don't do the educational programs.

Areas in red to be removed: Article V B.8 and Article VIII Section 1

Areas in red to be added: Article V E 1, 2, 3

Blue words are housekeeping cleanup

Changes to Article VIII Section 2 will become Section 1

By-Laws of the Owen County Extension Homemakers Association Kentucky Extension Homemakers Association

The Kentucky Extension Homemakers Association (KEHA) is a volunteer organization that works to improve the quality of life for families and communities through leadership development and education in the cooperation with the Kentucky Cooperative Extension Service.

BY-LAWS Article I – Name

The name of the organization shall be Owen County Extension Homemakers Association.

Article II - Objectives

- a. The Owen County Extension Homemakers Association is organized exclusively for educational programs in family and consumer sciences in cooperation with the Cooperative Extension Service of the county and the Cooperative Extension Service of the University of Kentucky and charitable purposes.
- b. To unite the Extension Homemakers Clubs of Owen County.
- c. To create awareness of the needs of needs of families in the home, community, state, nation, and world. To promote an educational program by making maximum use of the total resources of the Cooperative Extension Service of the University of Kentucky College of Agriculture, Food and Environment to meet the needs of the family, home, community, and state; and
- d. To develop an enthusiastic leadership in its members and a willingness to assume responsibilities to further strengthen, develop, coordinate, and extend adult education in Family and Consumer Sciences.

Article III – Members

Section 1. Membership is open to all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

Section 2. County dues shall be set by mutual agreement of the county members.

Section 3. Members shall also pay dues annually to cover county, area, and state dues. These dues are payable on December 1st, and shall be delinquent on December 15th.

Article IV – Limitations

No part of the net earnings of the county shall inure to the benefit of, or be distributable to, any of its members, trustees, officers or other private persons, except that the area shall be authorized to pay reasonable compensation for services rendered and to make payments and distributions in furtherance of the exempt purposes.

No substantial part of the activities of the county shall be the carrying on of propaganda, or otherwise attempting to influence legislation, and the area shall not participate in, or intervene in any political campaign on behalf of or in opposition to any candidate for public office.

Notwithstanding any other provision of these articles, the county shall not carry on any other activities not permitted to be carried on (a) by an organization exempt from federal income tax under section 501(c)(3) of the Internal Revenue Code, or the corresponding section of any future federal tax code, or (b) by an organization, contributions to which are deductible under section 170(c)(2) of the Internal Revenue Code, or the corresponding section of any future federal tax code.

Article V – Officers

Section 1. Officers and duties. Officers shall consist of a President, Vice President, Secretary, and Treasurer. These officers will comprise the county's Executive Committee with the County Extension Agent for Family and Consumer Sciences Education serving as advisor.

1. Officers and duties.

a. The duties of the President shall be;

- (1.) To preside over all meetings of the county, the executive committee and any special area meetings;
- (2.) To attend all the meetings of the Northern Kentucky Extension Homemakers Council and Owen County Extension Homemakers Council.
- (3.) To appoint all county committees unless otherwise provided for; and
- (4.) To perform all duties normally applicable to the office as prescribed by the Parliamentary authority adopted by the county.
- (5.) To attend club meetings upon the request of **of the club** president.
- (6.) Attends as delegate to State Extension Homemakers Association Annual Meeting and other state and area meetings – payment of room, registration, and any required meals to be furnished by county extension homemaker’s council.

b. The duties of the Vice President shall be;

- (1.) Attend all meetings of the county, the executive committee and any special county meetings;
- (2.) To attend the Owen County Extension Homemaker Council meetings,
- (3.) Perform president’s duties during her absence or inability to serve;
- (4.) Assist the president in any way possible; and
- (5.) To perform all duties normally applicable to the office as prescribed by the Parliamentary authority adopted by the county.
- (6.) To serve as county membership chairman.
- (7.) To serve as program chairman ~~for the county~~for county annual meeting.
- (8.) **To prepare the annual reports of KEHA Educational Programs with the assistance of the Club Educational Program Chairmen.**
- (9.) Attends as delegate to Area and State Extension Homemakers meetings. Room registration and any required means to be provided ~~by the county~~by county extension homemaker council.

c. The duties of the Secretary shall be;

- (1.) To attend all meetings of the county, the executive committee and any special county meetings. Record and preserve the minutes to be kept for at least a 5-year period.
- (2.) To handle all correspondence; and
- (3.) To perform all other duties normally applicable to the office as prescribed by the Parliamentary authority adopted by the county.
- (4.) During State Extension Homemakers Meeting, the secretary acts as voting delegate in the absence of President or Vice-President. Room, registration and luncheon to be provided by county extension homemaker council.

d. The duties of the Treasurer shall be;

- (1.) To attend all meetings of the county, the executive committee and any special meetings;
- (2.) Receive dues from the club treasurers for their members in each club by December 1st and report paid members ~~to~~ the viceto vice president.
- (3.) Pay monies as directed by the President;
- (4.) Keep accurate record of funds and give reports as required with an annual review or audit with change of treasurer;
- (5.) To perform all other duties normally applicable to the office as prescribed by the Parliamentary authority adopted by the county.
- (6.) To serve on budget committee and a proposed budget will be presented to membership at the County Extension Homemakers Annual meeting for their approval.
- (7.) To submit any and all forms required by the Internal Revenue Service for non-profit corporations and as required by the State of Kentucky on or before the required date.
- (8.) Acts as second alternate voting delegate – in the absence of President or Vice-President during State Extension Homemakers Meeting. Room, registration and any required ~~meals provided~~meals to provided by county extension homemaker council.

e. The duties of the ~~E~~educational ~~P~~rograms Reporter;

- (1.) **To prepare the annual reports of KEHA Educational Programs with the assistance of the club members, president, and FCS Agent Advisor.**
- (2.) **To perform all other duties normally applicable to the office as prescribed by the Parliamentary authority adopted by the county.**
- (3.) **Acts as second alternate voting delegate – in the absence of President or Vice-President during State Extension Homemakers Meeting. Room, registration and any required meals providedmeals to provided by county extension homemaker council.**

Section 2. Nomination and election of officers.

- a. The county president shall appoint a three-member nominating committee prior to the annual meeting. The committee shall consist of three county council members with the county Family and Consumer Sciences Extension Agent as advisor.
- b. The nominating committee shall present candidates from those whose names and credentials are in order and have been submitted four (4) weeks prior to the county annual meeting by their County Extension Homemakers Council with their county Family and Consumer Sciences’ Agent acting as advisor.
 - (1.) Members will be requested to keep under consideration a balance of power, so that if feasible all clubs are represented.
- c. The qualifications for officers are:
 - (1.) A nominee for county president must have served previously as a club Homemakers President or county educational chairman.
 - (2.) A nominee for county vice-president must have served as a club officer or county educational chairman.
 - (3.) Nominees for county secretary and county treasurer must have served as a club officer or county educational chairman.
- d. The nominating committee shall notify the nominees, the nominees’ club presidents, and the County Extension Agent for Family and Consumer Sciences Education. They shall request the attendance of the nominees at the county annual leadership training at which the election is to be held.

- e. The nominating committee shall report its slate of candidates to the membership at the county leadership training. A majority vote of those present shall constitute an election. All members shall have the privilege of making motions and voting at the annual meetings. The President may vote to break or make a tie.
- f. The President and Vice-President shall be elected one year, the secretary and treasurer elected the following year. New officers will take office at the close of the county extension homemaker annual meeting.
- g. The term of office shall be two (2) years. No officer may serve more than one (1) term consecutively in the same office.
- h. Vacancy of the office of the county president shall be filled by the county vice president for the unexpired term with election to be held at the next County Annual Meeting. The county president shall appoint the secretary and treasurer in the event of a vacancy. In the event of the vacancy of the vice president's office, the executive committee shall have the authority to appoint a person to serve as vice president for the remainder of the term.

Article VI – Meetings

Section 1. The regular meetings of the county council shall be held quarterly with dates to be determined by county council members. One third of the members shall constitute a quorum. The President may change the meeting date or place with the concurrence of the county executive committee or by the request of five (5) county council members. Five days notice of a meeting change shall be given to members unless the change is due to the weather or unforeseen circumstances.

Section 2. A general County meeting shall be held annually with volunteer from club members. The time of this meeting shall be late fall.

Article VII – Executive Committee

Section 1. The officers of the county shall constitute the Executive Committee.

Section 2. The Executive Committee shall meet as required and have general supervision of the affairs of the county between regular meetings.

Section 3. The main function of the Executive Committee is program planning and to attend to other business they deem necessary.

Article VIII – Committees

Section 1. During the year with election of officers, co-educational program chairmen will be appointed by the president consisting of 4-H Youth Development; International; Cultural Arts/Heritage; Food, Nutrition, and Health; Management & Safety; Leadership Development; Family and Individual Development; Environment, Housing & Energy.

a. Duties of County Educational Program Chairmen:

- (1.) Plans methods for carrying out area-wide programs in their respective subjects. [change to: All Educational Program Chairmen will communicate state program goals to clubs and will help the Educational Programs reporter with end of year state program reports.]
- (2.) All Educational Program Chairmen [will include:] (remove-are expected to work together to integrate their programs of work when possible).

- a. 4-H Youth Development – This program should address the youth of Kentucky and KEHA's bond with them.
- b. International – This subject covers our link to other parts of the world
- c. Cultural Arts/Heritage – This subject will cover an appreciation of our heritage, fine arts and culture, as well as that of others.
- d. Food, Nutrition and Health – This subject area deals with one's own health, nutrition and food.
- e. Management & Safety – This subject deals with management of time, human energy, money, etc.
- f. Leadership Development – This educational focus deals with developing a strong leadership base for the organization.
- g. Family and Individual Development – This program section takes into consideration areas of the family and individual not specifically covered under Management & Safety; Environment, Housing & Energy; or Foods, Nutrition and Health.
- h. Environment, Housing & Energy – This educational focus area deals with the near environment in which one lives to include issues related to housing, interiors, and energy as well as traditional environmental concerns.

(3.) Attends all County Extension Homemaker Council meetings.

Section 2. Standing or Special Committees may be appointed by the President from time to time as deemed necessary to carry on the work of the county. The President shall be an ex-officio member of all committees except the nominating committee. Duties, responsibilities and goals are assigned by the president.

Article IX – Parliamentary Authority

The rules contained in the current edition of *Robert's Rules of Order, Newly Revised*, shall govern in all cases to which they are applicable and in which they are not inconsistent with these bylaws and any special rules of order the area may adopt. (Revised 2011)

(Every organization should have a Parliamentary authority. *Robert's Rules* is the KEHA state level authority and is widely used by about 90% of all ordinary societies.) (Revised October 5, 2017)

Article X – Amendments

These by-laws may be amended by a two-thirds vote of the membership at any county annual meeting, provided notice of the meeting has been sent to the membership prior to the meeting and the delegates are given advance information regarding proposed amendments.

Article XI – Dissolution

In case of the dissolution of this county, after providing for the debts and obligations of the organization, the remaining assets shall be distributed for one or more exempt purposes within the meaning of section 501(c)(3) of the Internal Revenue Code, or the corresponding section of any future federal tax code

Dated October 5, 2017 (This is the date the bylaws are accepted.)

Signed _____
Name Title

Name Title



CRAFT CLUB



OWEN COUNTY EXTENSION OFFICE

Register by
Monday, July 24th
(502) 484-5703



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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



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

TICKETS ARE

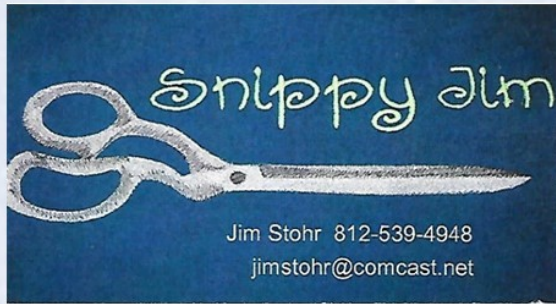
FREE



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.**



FALL



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

PRESCHOOL



OWEN COUNTY EXTENSION
265 ELLIS ROAD



DAY

FRIDAY 10AM-NOON



SEPTEMBER 29th AGES 3-5



Playdough

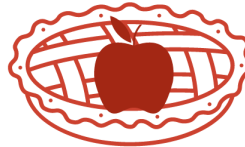
STORYTIME & CRAFT



KET



CORN SENSORY BIN

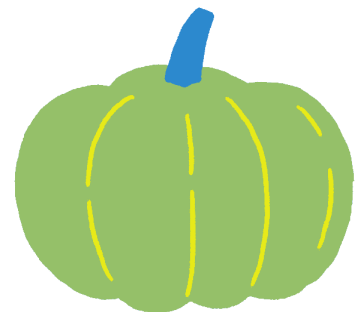


PIE BIN



CALL 502.484.5703 TO REGISTER

TRACING



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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546





Disabilities
accommodated
with prior notification.



JULY 2023



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Enter Fair Exhibits 9 AM - NOON The Exhibit Hall
2 Mother of the Year 6:30 PM Community Wide Worship Service 7 PM	3 Enter Fair Exhibits 9 AM - NOON The Exhibit Hall * Judge 2 PM	4  FAIR HOMES STORE	5	6	7 Sweet Owen 11 AM Sweet Owen Store	8 Pick Up Fair Exhibits 9 AM - NOON 
9	10	11 Cotton Club 6 PM Extension Office	12	13 SEW ALL DAY Extension Office	14 Sweet Owen 11 AM Sweet Owen Store	15 Memory Makers Extension Office
16	17	18 Cotton Club 6 PM Extension Office	19	20	21	22
23	24	25 Area HMK Meeting 1 PM Gallatin Extension Office	26 Crochet & Fellowship 10 AM Extension Office	27	28	29
30	31 Craft Club 6 PM Extension Office	1	2 Pleasant Home 11 AM Extension Office			



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
Owen County
265 Ellis Highway
Owenton, KY 40359

Watermelon Salsa

2 cups chopped seedless watermelon
1 cup fresh blueberries
1 cup chopped cucumber
½ cup chopped onion

½ cup chopped red pepper
½ teaspoon garlic salt
1 teaspoon lime juice
2 tablespoons balsamic vinegar

Combine watermelon, blueberries, cucumber, onion and pepper in large serving bowl. **Sprinkle** with garlic salt. **Toss** to coat. **Stir** in lime juice and balsamic vinegar. **Cover** and **chill** one hour.

Yield: 10, ½ cup servings
Nutritional Analysis:
25 calories, 0 g fat,
0 mg cholesterol, 50 mg sodium,
7 g carbohydrate, 1 g fiber,
5 g sugar, 1 g protein.



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

