

September 2023

FCS & Homemaker newsletter



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

Cooperative Extension Service
Graves County
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September 4	Office closed for Labor Day
Mondays except 9/4	10am Crochet Club
September 8	10am One Pan Shrimp & Veggies
September 11	6pm Friendship Club Meeting
September 13	10am TLC Club Meeting
September 14	10am Community Club Meeting
September 14	5:30pm Adult Sewing Group
September 18	1pm Mahjong
September 19	10:00am Purchase Area Annual Day Ballard County
September 21	10:30am & 5:30pm Greeting Card class
September 26	10am Planning Thrifty & Healthy Holiday Meals lesson
September 27	10am County Educational Chairman Meeting
October 17	4-5:30pm Trunk or Treat Storywalk
October 24	10am GC Homemaker Advisory Council Meeting

A note from Debbie Smith, Graves County Homemaker President

It's time...time to start our new year of Extension Homemakers. Membership drives will begin and meetings will start as well. Let's make a concerted effort to recruit new members. If each of us would just ask one person to become a member, just imagine how our numbers would grow! If the person you ask doesn't want to commit to being a regular member, they could always be a mailbox member where all homemaker information would be mailed to them.

We had our Graves County Annual Day on August 22 and 29 members or guests attended. We honored those who had perfect attendance, who met the requirements for the reading award, who turned in their Passport book, and who had the most VSU hours. Speaking of VSU hours, let's all make an effort to document our volunteer hours this year. Even if you only have 25 hours of volunteerism, that would add to our county total. Your club president will have the VSU Calendar book to keep up with your hours or the papers to fill out if you prefer that way. And by the way, Mailbox members, you should also be keeping up with your hours and are able to turn those in at the end of our year (by June 30). I'm not sure our Mailbox members realize they can turn in their volunteer hours, but they can. There will be a list of those we recognized at the end of this note.

We also recognized June Hart for being a member of Extension Homemakers for 65 years! She joined the Folsomdale Homemakers Club in 1958 and stayed a member of that club until they disbanded and then joined the TLC Club. June was presented with a certificate and flowers for her 65 years. We were glad to have some of her family and friends in attendance to honor June. Lyndia Elder treated the group with information about June and her years as a Homemaker. June was an avid quilter and had quilts that won awards from local to state contests. Elder brought a quilt square June had made for a state conference that she bought and had framed. We were so happy to be able to honor June for her 65 years!

Now it is time to set goals for our 2023-2024 year. Let's strive to be the best member we can be, to help and volunteer when needed, and to encourage others to become members of Extension Homemakers. Let's make sure we always shed a positive light on Extension Homemakers. If you see a way Homemakers can be of help in our community, make your club president aware. If you would like to volunteer for 4-H, let the office know. Let's make 2023-2024 the best year ever for Extension Homemakers.

Finally, we need to be aware of how blessed we are to have Denise Wooley as our FCS agent. She is always willing to help with projects, to find us the information we might need, and to be an encourager and cheerleader for Extension Homemakers! Thank you, Denise, for all your work for us.

We do have some upcoming events that you can be part of and have fun while doing it. We can participate in the Graves County Public Library's Scarecrow contest, be a part of "Trunk or Read" on October 17, and then help with Taste of Graves County on November 1 where we "feed" our community and raise money for the two scholarships we give each year. There are all kinds of projects we can help with in the coming months.

PURCHASE AREA ANNUAL DAY

ROAD TRIP THRU THE PURCHASE

September 19th, 2023, 10am

LaCenter First Baptist Church

421 Broadway

Menu:

Baked Ham, Poppyseed Chicken, Hash Brown Casserole,

Glazed Carrots, Steamed Broccoli, Key Lime Cake, Strawberry Cream Pie, Rolls, Drinks

GREETING CARD CLASS

SEPTEMBER 21ST

10am-12pm & 5:30-7:30pm

cost is \$10 Please call the office to sign up

An equal opportunity organization

GRAVES COUNTY

How can we serve you?

Take a ten-minute survey to help us develop programs addressing needs in our community.



go.uky.edu/serveKY

KENTUCKY  
COOPERATIVE EXTENSION

County Educational Chairman Meeting Wednesday, September 27th, 10am

Chairman, please review your Program of Work before this meeting and plan to discuss it and events & programs that could be planned this year.

JOIN US FOR

WALK TOBER

HERE'S WHAT YOU DO:

SCAN THIS QR CODE TO SIGN UP!



Walk **any** or **all** days during the month of October!

Log your steps!!!
On paper, an app, your watch, however!

Turn in your final number of steps + get a free shirt at the Extension Office on October 31st!

 Martin-Gatton
College of Agriculture,
Food and Environment

PLANNING THRIFTY AND HEALTHY HOLIDAY MEALS

SEPTEMBER 26TH, 10AM

Cooking during the holidays doesn't have to be stressful or expensive. This lesson will focus on healthy meal planning strategies and ways to stay within your budget when preparing for a large holiday meal. You will learn kitchen time management strategies to reduce the hassle of cooking, ways to prepare low-cost and delicious recipes, holiday food safety tips, and how to maximize your leftovers to avoid waste.



October 17th 4-5:30pm
Trunk or Treat



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