



ADAIR COUNTY EXTENSION HOMEMAKERS

October 2024



Artists Inspiration



Participants painted pigs at Bridget Powell's Paint Party



Dylan at Saguarro NP in Tucson, AZ.

In the October edition of the 2024 Homemaker Newsletter is exciting information for upcoming programming this Fall. To quickly summarize, we will finalize information for our Holiday Bazaar at our committee meeting on October 4th, look for detailed Bazaar information in our next newsletter. For now, hold November 23rd for the Holiday Bazaar. The Joyful Hearts Quilt Guild will be hosting a Fall Sewing/quilting camp October 7th-11th, to join contact Townya Ritzie.

We have KEHA week coming up this month where we will be returning a highly successful recruitment drive-through. Expect a goody bag with homemaker information and smiling faces from members of many of our Homemaker clubs. The drive-through will be October 14th from 11AM to 6PM CST. If you have not already renewed your homemaker dues, the recruitment drive through is an excellent opportunity to meet the club members and become more involved.

Our club lesson for October will be Old Glory, a discussion of the history of our United States Flag and how to properly care for flags you may display. The lesson will be held October 15th at Noon CST at the office. NO RSVP required. Later that day at 5PM will be our October Homemaker Council Meeting. All Club Presidents and committee chairs are encouraged to attend.

Lastly, I will be out of the office the last week of October for the National extension agents meetings in Virginia Beach, Virginia. This will be my last big absence of the year. This meeting is open to all extension agents, not just FCS. I hope to see you at the many events we have planned.

Calendar of Events

Bazaar Committee - Oct. 4th
Sano Stars Club - October 8th
Green River Club - October 9th
Joyful Hearts Camp - October 7th - 11th
Happy & Bliss Clubs - October 10th
Homemaker Drive-through - Oct. 14th
Joyful Hearts / Town & Country - Oct. 14
Council Meeting & Leader Lesson - Oct. 15
Dylan Out-of-Office - Oct. 28th - 31st

See you soon!

Dylan Gentry

County Extension Agent
for Family & Consumer Sciences







Cooperative Extension Service

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

Lexington, KY 40506

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Old Glory - Flag History and Care

When? Tuesday, October 15th at Noon CST

Where? Extension Office Who? Open to everyone

Cost? FREE

Teacher: Dylan Gentry



Description: Join us for an enriching workshop exploring the history, symbolism, and proper display of the U.S. flag, affectionately known as "Old Glory." Learn the fascinating story behind the flag's creation, the meanings of its colors, and its evolution from the first Stars and Stripes. Discover the rules and customs for displaying the flag with respect and honor, as outlined in the U.S. Flag Code. This workshop is perfect for anyone interested in American history, patriotism, or proper flag etiquette. Don't miss out—be part of this educational and inspiring event!

No RSVP Required.

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Disabilities accommodated with prior notification

Drive-Through Recruitment

OCT. 14TH, 11AM - 6PM CST AT EXTENSION OFFICE

The Adair County Homemakers will be hosting a drive-through recruitment event in the parking lot of the extension office October 14th from 11AM - 6PM. The recruitment event will be conducted during statewide KEHA Week. Expect a goody bag with homemaker information and smiling faces from members of many of our Homemaker clubs. If you have not already renewed your homemaker dues, the recruitment drive through is an excellent opportunity to meet the club members and become more involved. We are currently look for volunteers to work different shifts of the event. The more involvement the better. To volunteer, call the extension office at (270) 384-2317.

Cooperative Extension Service

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Enrollment Form

for Date: <u>2024-2025</u>

Adair County Extension Homemakers Association

Name Address	
Email	
Name of Club	
Phone: Home () W	/ork ()
Cell () Fa	ax ()
Birth year (Optional):	
Race (Optional – circle one): White Black or Af	rican American
Asian/Pacific Islander American In	ndian Hawaiian Other
Ethnicity (Optional - circle one): Hispanic Non-F	Hispanic
Gender (Optional - circle one): Female Ma	le
Total years of membership:	
I, (print full name), bein hereby grant permission to the University of Kentucky, including Kentucky Extension Homemakers Association, Inc., to interview and/or to supervise any others who may do the interview, photouse and/or permit others to use information from the aforementa aforementioned images in educational and promotional activitic compensation.	ew, photograph, and/or videotape me; ography, and/or videotaping; and/or to tioned interview and/or the
Signature:	Date:
Witness:	Date:

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 supply is voluntary.

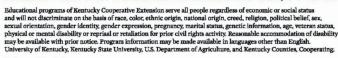
Adair County Homemaker membership is \$12. Our program each year begins in September, dues are payable in the early Fall. Membership concludes in approximately July.

Appendix 11 June 2020

Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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











2024-2025

BLISS

Meeting Day: Second Thursday of the month

Meeting Time: 11:30 AM CST

Meeting location: Alternating locations

Activities: Holiday Bazaar, yard sale, nursing

home visits, Man's Best Friend Project & others.

Trips: Greensburg History Museum Officers: President Diane Campbell

TOWN & COUNTRY

Meeting Day: First Monday of the month

Meeting Time: 6:00 PM CST

Meeting location: alternate locations

Activities: Downtown days, Holiday Bazaar,

holiday party, and others.

Trips: Creelsboro Country Store **Officers:** President Missy Harvey

GREEN RIVER

Meeting Day: Second Wednesday of the month

Meeting Time: 11:30 AM CST

Meeting location: Varies

Officers: President Jessica Brumm

SANO STARS

Meeting Day: Second Tuesday of the month

Meeting Time: 5:30 PM CST

Meeting location: Sharon Harris' House **Activities:** Holiday Bazaar, Holiday party,

Valentine's Day party, and others. **Trips:** Gondoliers in Glasgow

Officers: President Pat Coomer

HAPPY

Meeting Day: Second Thursday of the month

Meeting Time: 5:00 PM CST

Meeting location: Extension Office

Activities: Holiday Bazaar, Holiday party,

TJ Sampson scarf drive, and others. **Trips:** Star Theatre Russell Springs **Officers:** President Sandra Watts

Joyful Hearts Quilt Guild

Meeting Day: Second Monday of the month

Meeting Time: 6:00 PM CST

Meeting location: Extension Office Officers: President Townya Ritzie











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Ovarian Cancer Screeni

When? October 2025

Where? Pulaski County Health Department

Who? Open to everyone, attendance limited to 10

Cost? Free

Teacher: Bridgett Powell

Description: Extension Homemakers in-partnership with University of Kentucky Healthcare offers free Ovarian Cancer screenings to its members. To take advantage of this opportunity, Adair & Green County will take 10 homemakers to be screened for Ovarian Cancer. Due to high demand and low availability of providers, we were not scheduled until October 16th, 2025. These spots will fill up. Please call to claim your free Ovarian Cancer Screen spot. Insurance coverage and exam prep is not required.



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

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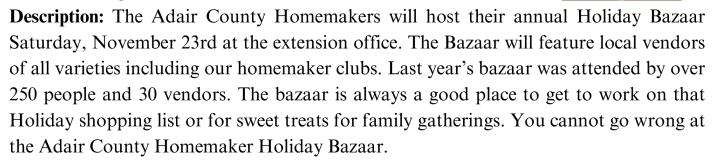
Holiday Bazaar 2025

When? Saturday, November 23rd, time TBD

Where? Adair County Extension Office

Who? Open to everyone Cost? Free to attend

Teacher: Bridgett Powell



Information for vendors will be out following our committee meeting on October 4th. A special Holiday Bazaar mailing will be out the middle of October with full details including cost and setup.



Agriculture and Natural Resources amily and Consumer Sciences 4-H Youth Development Community and Economic Development

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Adair County 409 Fairground Street Columbia, KY 42728 Official Business Only

{First Name} {Last Name} {Address1} {City} {State}{Zip Code}



Fall Spiced Pumpkin Bread

1/2 cup all-purpose flour 1/4 cup whole-wheat flour

1½ teaspoons baking powder

1 teaspoon baking soda

2 teaspoons pumpkin pie spice ½ teaspoon salt ½ cup melted

margarine
1/2 cup sugar

½ cup honey

2 cups pumpkin puree 1/3 cup olive oil

2 eggs

¹⁄₃ **cup** chopped walnuts

Heat oven to 350 degrees F. Mix flours, baking powder, baking soda, pumpkin spice and salt; set aside. In a large mixing bowl, whisk together margarine, sugar, honey, pumpkin puree and olive oil. Blend in eggs. Add flour mixture. Stir until dry ingredients are moistened. Spray a 8-by-4 inch loaf pan with non-stick cooking spray. Pour batter into pan; sprinkle walnuts on top of batter. Bake for 1 hour. Remove from oven

and **cover** with foil. **Return** to oven and **bake** an additional 20 minutes or until toothpick inserted in center comes out clean. **Cool** for 10 minutes and **remove** from pan.

Yield: 16 slices

Nutritional Analysis: 220 calories, 13 g fat, 2 g saturated fat, 30 mg cholesterol, 270 mg sodium, 26 g carbohydrate, 1 g fiber, 14 g sugars, 4 g protein.

Renew Your Dues Today!



The time has come again to renew your Homemaker Dues. Adair County Homemaker Dues are \$12 and will be accepted until November 1st. After November 1st, new members will not count towards our state total. Once paid, your membership will be active until August 2025. Dues can be paid at the extension office by cash or check, we do not accept credit cards. Members who join will receive a complimentary recipe book while supplies last.