

ADAIR COUNTY EXTENSION HOMEMAKERS

October 2024



Artists Inspiration

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.



Participants painted pigs at Bridget Powell's Paint Party

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.



Dylan at Saguaro NP in Tucson, AZ.

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



Adair County Cooperative Extension Service



Adairces



adair.ca.uky.edu



Disabilities accommodated with prior notification.

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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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.



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**Enrollment Form
for**

Date: 2024-2025

Adair County Extension Homemakers Association

Name _____

Address _____

Email _____

Name of Club _____

Phone: Home (____) _____ Work (____) _____

Cell (____) _____ Fax (____) _____

Birth year (*Optional*): _____

Race (*Optional – circle one*): White Black or African American
 Asian/Pacific Islander American Indian Hawaiian Other

Ethnicity (*Optional - circle one*): Hispanic Non-Hispanic

Gender (*Optional - circle one*): Female Male

Total years of membership: _____

I, (print full name) _____, being eighteen (18) years of age or over, 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 to 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: _____

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



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

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

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

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

GREEN RIVER

Meeting Day: Second Wednesday of the month
Meeting Time: 11:30 AM CST
Meeting location: Varies
Officers: President Jessica Brumm

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



Ovarian Cancer Screening



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.

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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

Description: The Adair County Homemakers will host their annual Holiday Bazaar Saturday, November 23rd at the extension office. The Bazaar will feature local vendors of all varieties including our homemaker clubs. Last year's bazaar was attended by over 250 people and 30 vendors. The bazaar is always a good place to get to work on that Holiday shopping list or for sweet treats for family gatherings. You cannot go wrong at the Adair County Homemaker Holiday Bazaar.



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.

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Lexington, KY 40506



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

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



Fall Spiced Pumpkin Bread

½ cup all-purpose flour	2 teaspoons pumpkin pie spice	½ cup honey
1¼ cup whole-wheat flour	½ teaspoon salt	2 cups pumpkin puree
1½ teaspoons baking powder	½ cup melted margarine	⅓ cup olive oil
1 teaspoon baking soda	½ cup sugar	2 eggs
		⅓ 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.