

ADAIR COUNTY EXTENSION HOMEMAKERS

September 2024



Dylan presents a Photography Workshop



Area President, Mary Lynn presents



Volunteers assist with Floral Hall Check-in

In the September 2024 Adair County Extension Homemakers Newsletter, I wanted to share some exciting updates and events that are coming up this month. We've got a lot going on, and I hope you'll find something that sparks your interest. For starters, we will be offering a Self-Care Workshop on September 17th, where we'll be diving into ways to prioritize our mental and physical well-being. It is part of the KEHA Self-Care Program, and is about taking a moment to focus on ourselves—something we all need to do more often.

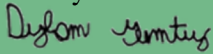
I'm also looking forward to the Paint Party on September 26th, where we'll get to focus on our creativity with the wisdom of Bridgett Powell. Whether you're a seasoned artist or just looking to try something new, it's going to be a fun and relaxing morning. We will have a KEHA Week Committee Meeting on September 24th and the Bazaar Committee meeting on October 4th. Volunteers are needed for both committees, please reach out to Dylan if interested.

Don't forget to renew your Homemaker dues by November 1st to stay active through August 2025. For those looking to get more involved, we have several clubs with different meeting times and activities, so there's something for everyone. We've also had some fantastic participation in recent events, like the Floral Hall, where 18 people entered 87 items ranging from quilts to food—what a great display of talent! I hope to see you at one of our upcoming events!

I will be out of the office Sept. 2nd - 6th to get married, and Sept. 16th-20th for the National FCS Agent Meeting. Please call the office at (270) 384-2317 if you need assistance.

Calendar of Events

- Dylan is getting hitched - Sept. 2nd - 6th
- Dylan is out of office - Sept. 16th - 20th
- Pampering and Self Care - Sept. 17th
- KEHA Week Committee - Sept. 24th
- Paint Party - Sept. 26th
- Bazaar Committee - Oct. 4th

See you soon!

 Dylan Gentry
 County Extension Agent
 for Family & Consumer Sciences



Adair County Cooperative Extension Service



Adairces



adair.ca.uky.edu



Disabilities accommodated with prior notification.

Self Care & Pampering



When? Tuesday, September 17th at Noon CST

Where? Extension Office

Who? Open to everyone

Cost? FREE

Teacher: Edith Lovett

Description: The Kentucky Extension Homemakers Association (KEHA) Self-Care program focuses on promoting personal well-being by encouraging individuals to prioritize their physical, mental, and emotional health. The program includes lessons on self-care, self-pampering, and strengthening connections, emphasizing the importance of intentional practices like regular health check-ups, exercise, and mental health activities. Self-pampering, such as spa days or relaxing activities, is also highlighted as a way to manage stress and improve happiness. The program aims to equip participants with tools to enhance their overall wellness and maintain a balanced, healthy lifestyle.

No RSVP Required.

Cooperative Extension Service

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



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Volunteer Service Hours



GET STARTED TODAY

The Kentucky Extension Homemakers Association (KEHA) Leadership Development Volunteer Service Unit (VSU) Program is a remarkable initiative that honors and enhances volunteer contributions in the community. This program allows volunteers to track and report their service hours across four categories—Extension, KEHA, Community, and Personal—ensuring that every effort is recognized. The VSU program offers a structured way to document and celebrate volunteerism, with recognition at the area and state levels. It empowers individuals to grow as leaders while making a significant impact on their communities. Have more questions or would like to start documenting your volunteer hours? Ask Dylan by calling the 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



Paint Party



When? Tuesday, September 26th, 9AM to Noon

Where? Extension Office

Who? Open to everyone, attendance limited to 15

Cost? \$10 per person

Teacher: Bridgett Powell

Description: Join us for a fun and creative paint party where you'll learn to create your own masterpiece under the guidance of local artist, Bridgett Powell! No prior painting experience needed—just bring your enthusiasm! All materials are provided. Spots are limited, so be sure to sign up early! Participants will paint a cartoon pig with your own twist. Payment is due the day of the class, **we will not accept pre-payments.**

RSVP required, spots limited.

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Floral Hall Report



Betty Hawethorne Inspects Quilts



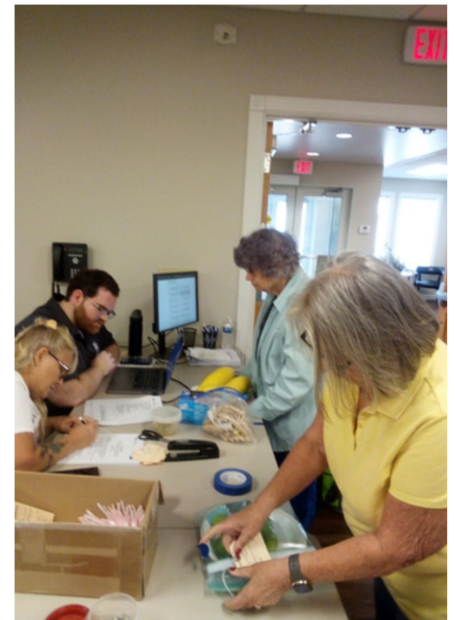
Photo Entries



Food Entries at the Fair



Quilt Entries this Year



Volunteers Checking in Items

18 participants entered 87 entries in categories ranging from quilts to food.

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

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



Cabbage Jambalaya

1 pound lean ground beef	1 (13 ounces) package turkey smoked sausage, sliced	1 (14.5 ounces) can diced tomatoes
1 ½ cups chopped celery	1 medium head cabbage, chopped (about 10 cups)	2 cups water
1 ½ cups chopped onion		1 cup brown rice
2 cloves garlic, minced		1 teaspoon garlic powder
		1 tablespoon Cajun seasoning

Heat a large stockpot over medium high. **Add** ground beef, and **cook** until it starts to brown, about 6 minutes. **Add** the celery, and **cook** for 2 minutes. **Add** onion and garlic, and **cook** 4 minutes while stirring. **Add** smoked sausage, and **cook** an additional 2 to 3 minutes. **Stir in** cabbage, and **cook** until it wilts, about 3 minutes. **Add** tomatoes, water, rice, garlic powder, and Cajun seasoning.

Bring to a **boil**, and **reduce** heat to medium. **Cover**, and **simmer** for 40 minutes. Serve hot.

Yield: 10, 1-cup servings

Nutritional Analysis:
 250 calories, 8 g fat, 3 g saturated fat, 60 mg cholesterol, 400 mg sodium, 26 g carbohydrate, 4 g fiber, 6 g sugars, 0 g added sugars, 18 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.