

# Calloway County Family & Consumer Sciences **NOVEMBER 2024 NEWSLETTER**

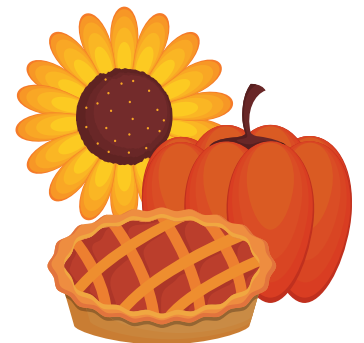
## *Happy Fall FCS Friends*

As November unfolds and fall deepens, we find ourselves surrounded by the colors, scents, and cozy traditions of the season. Crisp days and longer evenings create the perfect backdrop for gathering with loved ones, sharing hearty meals, and embracing the warmth of community.

This month, our Calloway County Family and Consumer Science programs will explore ways to make the most of this vibrant season, from a class to help with meal preparation for 1 or 2 people, to articles on tablescapes that bring autumn's beauty indoors and our personal health and safety.

I am looking forward to spending time with my family at my sister's home for Thanksgiving. My kids say Thanksgiving is their favorite holiday and I couldn't agree more. Thanksgiving traditions often center around gathering family and friends to share a festive meal and expressing gratitude for life's blessings. Whether you celebrate with a large group or a small group, I hope you all enjoy the day. Thank you for being part of our FCS community. I hope everyone has a safe and happy Thanksgiving!

*Debbie Huxon*



# Calendar of Events

November 1	Laugh and Learn	10:00 am	CCPL
November 2	Shooting Sports Homemaker Meeting	9-11 am	Shooting Range
November 2	Creative Crafts Workshop	1:00 pm	Meeting Hall
November 4-6	Quilt Lovers Retreat		Ken Lake Resort
November 5	Office Closed for Election Day		Be sure to VOTE
November 5	Cooking Through the Calendar	10:30 am	CCPL
November 6	Town and Country Homemakers Meeting	11:00 am	Dortha Bailey Home
November 8	WITS Workout	10:00 am	Murray Senior Center
November 9	Second Saturday Sewing Studio	9-11 am	Lee Furst Cabin
November 12	Modern Homesteaders Homemaker Meeting	6:30 pm	Meeting Hall
November 13	Quilt Lovers Charity sew	9am-4pm	Meeting Hall
November 14	WITS Workout	1:00 pm	Wesley Living
November 15	Cooking for 1 ... or 2	1:00 pm	Meeting Hall
November 19	Quilt Lovers Homemaker Meeting	5pm social	Meeting Hall
		6pm meeting	Meeting Hall
November 19	Friendship Homemakers Meeting	6:30 pm	JoAnn Harris home
November 21	Happy Hearts Homemaker Meeting	11:00 am	Meeting Hall
November 28-29	<i>Office Closed for Thanksgiving Happy Thanksgiving!</i>		



# NOVEMBER

# Calloway County Homemakers Corner

## Club News

**Creative Crafts Workshop** will meet on Saturday, November 2 in the Meeting Hall at 1:00 pm. The lesson will be taught by Mitzi McGinnis on Crafting Christmas Greeting Cards.

**Friendship Club** will be providing a chili supper when they meet on Tuesday, November 19th at the home of JoAnn Harris. The meeting begins at 6:30 pm with Marie Lyons presenting the lesson.

**Happy Hearts** will meet on Thursday, November 21, at 11 am in the Meeting Hall. Vicki Csatari will present the lesson on "Communication Essentials for Good Impressions." The potluck meal theme is "finger foods." Members interested in participating are encouraged to bring a Christmas ornament priced \$5 or LESS to exchange. The ornament needs to be wrapped or in a bag for a Dirty Santa activity. A cash donation will be collected for the Family Resource Centers of Murray and Calloway County Schools for their Christmas project. Guests are encouraged to attend.

**Modern Homesteaders** will meet Tuesday, November 12th at 6:30 pm. Paul Hendrix will present the lesson, Prepping for Winter Emergencies.

**Quilt Lovers** will meet at Ken Lake Resort for a 3-day Quilting Retreat November 4-6, the regular monthly meeting is November 19th at 5:00 pm for social time and 6:00 pm meeting. Comfort Quilters will gather on Wednesday, November 13th from 9am-4pm in the Meeting Hall.

**Shooting Sports** will meet Saturday, November 2 from 9-11 am at the shooting range, weather permitting, or in the Meeting Hall if necessary.

**Town and Country** will meet Wednesday, November 6th at Dortha Bailey's home. The members are asked to bring their own lunch for the 11:00 am meeting. Katie Kemp will present the monthly Homemaker Lesson on "Communication Essentials for Good Impressions."



# Calloway County Homemakers Corner

We enjoyed a wonderful day celebrating our Calloway County Homemakers on Oct. 17, 2024. The afternoon was highlighted by honoring Gayle Balentine for an incredible 50 years of membership and recognizing Connie Talent as Homemaker of the Year. We also awarded certificates to high achievers for their outstanding Volunteer Service Units. My heartfelt thanks and appreciation to all the Homemakers for their efforts to make this event successful. Thank you for all that you do for Homemakers!

Alison Geurin, Calloway County Homemaker Advisory Board President



We are thrilled to recognize some of our outstanding Calloway County volunteer Service Unit winners for the 2023-2024 Homemaker year! Our volunteers make a tremendous impact, and we couldn't be prouder of their dedication. The Quilt Lovers Club collectively logged an impressive 5,540.5 hours, represented by Vickie Jost. Connie Talent earned second place in both Extension and KEHA hours, while Ruth Daughaday took first place in KEHA hours. Delores Lawson was recognized for her contribution with the third highest community hours, and Alison Geurin led in personal hours, also placing third in both Extension and KEHA hours. Congratulations and heartfelt thanks to all our volunteers!

Connie Talent was awarded the top award for a Calloway County Homemaker, Homemaker of the Year. She is a dedicated volunteer, serving as a long time 4-H leader in the past and current Master clothing volunteer as well as an Extension District board member and Calloway Cooperative Extension Council. Congratulations Connie!



# Calloway County Homemakers Corner



We were very fortunate to host Jane Chapman, the National President of the National Volunteer Outreach Network (NVON) from Illinois, as one of our guest speakers. As members of the Kentucky Homemakers, we are automatically enrolled in NVON, and Jane shared many exciting opportunities available within this organization.

Bobbie Bryant, author of the book, *Bygone Churches of Calloway County*, was one of the guest speakers at the October 17, 2024 Calloway County Homemaker Annual Day.



Gayle Balentine was recognized for her amazing 50-year membership in Calloway County Homemaker Association. Gayle pictured her with her daughters. Congrats, Gayle!

# Calloway County Homemakers Corner



# Calloway County Homemakers Corner

## Kentucky Extension Homemakers Association

As a reminder, here are links to the public KEHA site:  
KEHA - Public website - <http://www.keha.org/>

**2025 KEHA State Meeting Room Block Open Now** - Next year's KEHA State Meeting will take place May 6-8, 2025, at Hyatt Regency in Lexington. Reserve your hotel room now in the KEHA group block! Find details at <https://keha.ca.uky.edu/content/state-meeting-information>.

**Gift Membership** - Did you know you could give the gift of KEHA membership? A gift certificate card template is available on the website for those who want to cover the dues of a new recruit. Be sure to share how the potential new member could benefit from being a KEHA member - and also let them know why KEHA is important to you!

### KEHA Dates to Remember

- Nov. 6-7 - Fall Board Meeting at The Campbell House in Lexington
- Nov. 15 - Due date to nominate new members for the Master Farm Homemakers Guild.
- Dec. 15 - County dues due to the KEHA State Treasurer and Area Treasurer (use remittance form found in the KEHA Manual Appendix page 16). Please send remittance to Patsy Kinman, KEHA Treasurer, 310 Falmouth St., Williamstown, KY 41097.

**Merchandise** - The KEHA website for marketing items and merchandise has been updated to reflect items currently in inventory. View photos, access the merchandise order form, and find contact information for 2nd Vice President Martha Colley at <https://keha.ca.uky.edu/marketing-items>.

**Interested in joining a Homemaker  
Club in Calloway County?  
Membership dues are due by  
November 25th. For more  
information, please call our office at  
270-753-1452.**

# Home and Environment

## *Thanksgiving Tablescape Suggestions*

1. **Layered Table Centerpieces:** Create a stunning Thanksgiving centerpiece by layering various natural elements like mini pumpkins, gourds, pinecones, and seasonal fruits such as apples and pears. Pair with candles of varying heights in fall hues, like amber, burgundy, and deep green, for a cozy, inviting glow.
2. **Fall Harvest Wreath:** Try making a DIY wreath using items like dried corn husks, wheat stalks, eucalyptus, and faux berries. You can add mini pumpkins or pinecones to enhance the fall feel. Hang it on your door or use it as a table centerpiece with a large candle in the center.
3. **Cozy Textiles:** Warm up living spaces by swapping lighter textiles with richer, warmer options. Incorporate plaid or wool throw blankets, velvet cushions in rust and mustard hues, and chunky knit throws. These accents give a nod to autumn's coziness and work well through Thanksgiving.
4. **Pumpkin Candle Holders:** Hollow out mini pumpkins to create candle holders. Place tea lights or small pillar candles inside for a soft, natural glow. These look charming arranged along a mantel or as accents on a dining table.
5. **Natural Garland:** Use dried leaves, cinnamon sticks, and twine to create a natural garland for your mantel or dining area. You could also add fresh rosemary or bay leaves for an extra pop of green and a lovely scent.
6. **Bountiful Entryway:** Arrange a cornucopia with fresh fall flowers, pumpkins, and gourds in your entryway. Adding a basket of plaid blankets or a welcome sign with a Thanksgiving message can make guests feel instantly at home.
7. **Thankful Tree:** This family-friendly idea involves creating a "tree" from a branch placed in a vase. Hang paper "leaves" on which family members can write what they're grateful for each day leading up to Thanksgiving. This doubles as both decor and a meaningful activity for guests to enjoy.
8. **Rustic Table Settings:** Use burlap or linen placements, and tie silverware with twine and a sprig of rosemary or a dried leaf. Personalized name cards or small thank-you notes can add a warm, memorable touch to each place setting.

*These decor ideas will give your home a touch of fall charm, making it the perfect place for gathering, gratitude, and celebrating Thanksgiving!*





# Making Healthy Lifestyle Choices

**Protect yourself and your friends and family.  
Get your flu shot if you haven't already!**

The best way to protect yourself from the flu is by getting the flu shot.

**GET YOUR FLU SHOT TODAY!**

Getting a flu shot can reduce:

- FLU ILLNESS
- DOCTOR'S VISITS
- MISSED WORK
- FLU-RELATED HOSPITALIZATIONS

You can get your flu shot at your local pharmacy, doctor's office or health department.



**LEARN MORE:**

[www.CoverYourCough.ky.gov](http://www.CoverYourCough.ky.gov)



Kentucky Public Health  
Protect. Promote. Prevent.













## Upcoming Homemaker Lessons

		Graves	Hickman	Marshall	McCracken
JAN	Vicki Wynn	12/4	12/3	12/5	12/12
Lesson	Move Your Way: Exercise for Everyone				
FEB	Kelly Alsip	1/29	1/31	1/28	1/30
Lesson	Indoor Air Quality				

# Promoting Healthy Homes and Communities

This article is from FEMA: Before You Go Stock Your Vehicle  
Road conditions during winter storms can be extremely dangerous. When storms are predicted, plan to stay off the roads. However, even when the road conditions are good, preparing and maintaining your vehicle for cold weather will help keep your car dependable and reduce the chances of being stuck on the road in cold weather.

Carry items in your vehicle to handle common winter driving-related tasks, and supplies you might need in an emergency, including: a **snow shovel, broom, and ice scraper; abrasive material (sand or kitty litter)**, in case your vehicle gets stuck in the snow; **jumper cables, flashlight, and warning devices** (flares and emergency markers); **blankets** for protection from the cold; and a **cell phone and charger, water food, and any necessary medicine**.

 <b>Car Winterization Checklist</b> 	
<input type="checkbox"/>  Check Engine Fluid Levels Oil, Coolant, Washer Fluid, etc.	<input type="checkbox"/>  Inspect Tire Tread Replace if Near Wear Limit
<input type="checkbox"/>  Test Battery Replace if Necessary	<input type="checkbox"/>  Install Snow Tires if You Own a Set
<input type="checkbox"/>  Use Deicing Washer Fluid Clean Windshield at Low Temps	<input type="checkbox"/>  Test Headlights & Taillights
<input type="checkbox"/>  Switch to Synthetic Oil Handles the Cold Better	<input type="checkbox"/>  <b>Add &amp; Inspect Winter Survival Kit</b>

# Events



**Fall Series**  
**COOKING THROUGH THE CALENDAR**  
*With Calloway County FCS & CCPL*

Come & learn how to make fun and nutritious University of Kentucky recipes!

**FREE SAMPLES!**

September 3rd  
 October 1st  
 November 5th  
 December 3rd

**Calloway Co. Public Library @ 10:30**

[f @CallowaycountyFCSextension](#)

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

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**  
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 University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating  
 Lexington, KY 40506

Go vote, then join us for a free cooking demonstration! We will be demonstrating the Hearty Harvest Bowl recipe at the Calloway Public Library election day at 10:30 am.

Discover the art of cooking perfectly portioned, delicious meals with ease in our 'Cooking for 1 or 2' class! Call to reserve your spot in this FREE class!

**Cooperative Extension Service** | **Family and Consumer Sciences**

## Cooking for 1... or 2

Adjusting Recipes

Freezing single portions

Sampling dishes to taste

**FREE!**

**November 15 1pm**  
 White Meeting Hall  
 93 Extension Way,  
 Murray, KY

Call the Calloway County Extension Office at 270-753-1452 to register!

**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

# Events

Cooperative Extension Service  
Family & Consumer Sciences

## WITS WORKOUT

An engaging, interactive and educational brain health program.



WITS Workout seeks to provide opportunities for adults to engage intellectually and socially! Join WITS workout to engage in all kinds of guided challenging puzzles, and learn what you can do to keep your brain healthy.

Calloway County Cooperative Extension presents a **FREE** **WITS WORKOUT** at **Murray-Calloway County Senior Center**

**September 13, 17**      **November 8**  
**October 11, 25**      **December 13**

All classes at 10:00 am

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

MARTIN GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
Advanced programs of Kentucky Cooperative Extension serve all youth regardless of economic or social status and are free of charge to the beneficiaries. These value-added programs include: youth and family development, 4-H, and other programs. For more information, please contact your local extension agent. For more information, see: www.ky1.edu, 1-800-477-6269 or visit our website at: www.ky1.edu. For more information, please contact your local extension agent. For more information, see: www.ky1.edu, 1-800-477-6269 or visit our website at: www.ky1.edu. For more information, please contact your local extension agent. For more information, see: www.ky1.edu, 1-800-477-6269 or visit our website at: www.ky1.edu.

The Murray Senior Center is the place to be if you want to improve your mind and have lots of laughs.

This is our newest Homemaker club, it's not too late to become a member. Come and join in the fun as Mitzi shows us how to make festive Christmas cards.



Cooperative Extension Service

HomeMakers

### CREATIVE CRAFTS WORKSHOP

## Christmas Card Making

WITH MITZI MCGINNIS

**\$10 TO MAKE 3 CARDS  
PAY AT THE DOOR**

GUESTS WELCOME!  
REGISTRATION REQUIRED TO RECEIVE A KIT  
CALL 270-753-1452 TO REGISTER!

JOIN THE CALLOWAY COUNTY HOMEMAKERS CREATIVE CRAFTS WORKSHOP AS WE EXPLORE A DIFFERENT CRAFT EACH MONTH!  
THE CLUB MEETS THE FIRST SATURDAY OF EACH MONTH

**SATURDAY, NOVEMBER 2 1PM-3PM**

WHITE MEETING HALL  
93 EXTENSION WAY  
MURRAY, KY

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

# OFFICE INFORMATION

93 Extension Way  
Murray, KY 42071  
270-753-1452  
8:00am - 4:30pm  
calloway.ca.uky.edu

FCS Agent: Debbie Hixon  
debra.hixon@uky.edu



Calloway  
FCS

## Cooperative Extension Service

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

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



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- **Building** the health and well-being of Kentuckians - physically, mentally, and economically - to improve quality of life and ensure bright futures for all.
- **Engaging** communities to build vibrant economies by connecting businesses and people with Extension.



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University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building,  
University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights,  
1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

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*Visit the [CES Program and Staff Development](#) website for additional guidance.*

*Questions may be directed to Stacy Miller at [Stacy.miller@uky.edu](mailto:Stacy.miller@uky.edu) or (859) 257-1727.*