

Calloway County Family & Consumer Sciences **OCTOBER 2023 NEWSLETTER**

Fall is that time of year when I start to think of the word, “comfort”. I want comfort food, comfort clothes, and a ‘comfort spot’ in my home. The weather is starting to have a little more variance in the temperature, and we start thinking about preparing for more time indoors. Comfort. Take some time to make yourself comfortable, take a walk and enjoy the wonderful weather, take in the beauty of the outdoor spaces, and breathe in the incredible smells of harvest. Bake a pie, read a book. Comfort...

Debbie Huxon



October is Breast Cancer Awareness Month. According to UCLA Health, “other than skin cancer, breast cancer is the most common cancer affecting American women, with 1 in 8 receiving the diagnosis of breast cancer during one’s lifetime. Early detection provides the best chance of successful treatment and cure. Over 3.5 million breast cancer survivors are alive today thanks to advances in screening, detection, and treatment.” Talk to your doctor and get screened.

Calendar of Events

- October 3** Cooking Through the Calendar
10:30 am CCPL
- October 5** Potpourri Homemakers
9:00 am Meeting Hall
- October 6** Homemaker Officer training
10:00 am Meeting Hall
- October 9-13** KEHA Week
- October 9** Modern Homesteading Homemakers
6:00 pm Meeting Hall
- October 9** Town and Country Homemakers
6:00 pm Delores Lawson home
- October 14** Adult Beginning Sewing
9:00 am Meeting Hall
- October 20** Set up for Yard sale/bazaar
10:00 am Meeting Hall
- October 21** Homemakers Yard sale and Fall Bazaar
8:00 am-12:00 pm Meeting Hall
- October 26** Happy Hearts Homemakers
11:00 am Meeting Hall
- October 31** Friendship Homemakers
6:30 pm Judy Stahler home

October



Events

With deer season getting started, here's a tasty recipe for some of the venison you might have been lucky enough to have snagged.

Venison Stew

Servings: 6

Ingredients:

- ½ teaspoon black pepper
- 1 teaspoon salt
- ½ teaspoon garlic powder
- 2 tablespoons flour
- 1 pound venison, cubed
- 1 tablespoon oil
- 3 cups water
- 1 onion, chopped
- 4 potatoes, cubed
- 3 carrots, sliced
- 3 stalks celery, chopped
- 2 bay leaves
- 1 tablespoon dried parsley



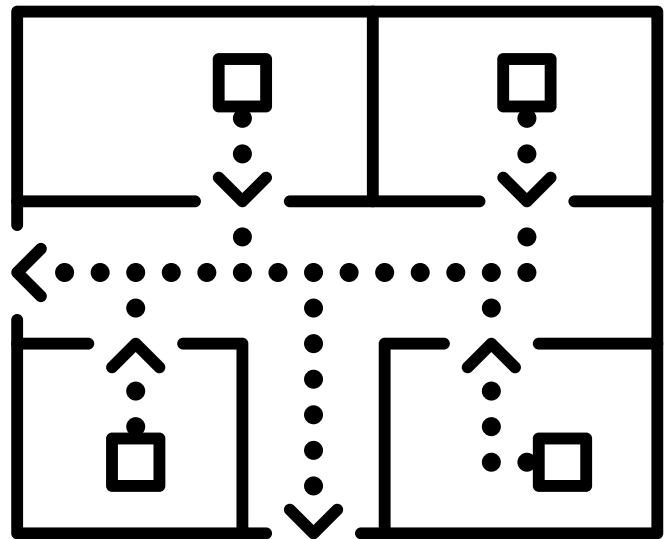
Directions: Combine pepper, salt, garlic powder, and flour in a plastic bag or large bowl. Add cubed venison and shake bag or toss to coat meat. Brown meat in hot oil, in a large, heavy saucepan. Stir in water. Add remaining ingredients and cook on high until it begins to boil. Reduce heat and simmer for approximately 1 hour. To thicken, in a small mixing bowl, stir ½ cup warm water into 2 tablespoons of flour. Add mixture into stew. Stir until thickened and bubbly. Cook an additional 30 minutes or until vegetables and meat are tender. **Alternative to stove-top cooking:** Use slow cooker set on low for 8 hours.

Nutrition facts per serving: 270 calories; 4.5g total fat; 1g saturated fat; 0g trans fat; 65mg cholesterol; 490mg sodium; 36g carbohydrate; 5g fiber; 5g sugars; 22g protein; 0% daily value of Vitamin D; 6% daily value of calcium; 20% daily value of iron; 25% daily value of potassium. Adapted from Venison Recipe Collection, Compiled by Becky Nash, Extension Agent for Family and Consumer Sciences.

October hosts National Fire Prevention Week and the Great ShakeOut Earthquake Drills.

Do you have a safety plan in your home?

Practice with your family so everyone in your home knows what to do in case of a fire or earthquake.



Events



Our Calloway County Homemakers are starting up their 2023-2024 Homemaker year. We are excited to report we have several new members joining the existing clubs. In addition, we have started a new Homemakers club, Modern Homesteading.

This club will focus on acquiring “new” skills which have sometimes been forgotten over time. Modern Homesteading will meet for the first official time on October 9, 2023, with Matt Chadwick, our ANR agent, presenting their first program, “Winterizing your Garden.”

We will be collecting \$15 dues and presenting the members with all the information they need to get started as a Homemaker. We are still taking new members at this time.

The slate of officers in the Modern Homesteading club are; Mike Tappeiner, President; Amanda Combs, Vice President; Beth Jones, Secretary; and Alicia Naulty, Treasurer.

Congratulations to all.



Miscellaneous

Is Cooperative Extension meeting or addressing the needs of our community? Every four years you can help develop programs specific to this community, your voice matters. Take this short survey.



HOW CAN WE
serve you??

Take our **ten-minute survey** to help us develop programs addressing needs in your community. Scan the code above or visit go.uky.edu/serveKY

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



Contact your local Extension Office for a paper copy of the survey.



OFFICE INFORMATION



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8:00am - 4:30pm
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Calloway
FCS

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Disabilities
accommodated
with prior notification.

