

Calloway County Family & Consumer Sciences **OCTOBER 2024 NEWSLETTER**

WELCOME TO OCTOBER!

As the leaves start to change and the air becomes crisp, we're excited to bring you a new season filled with learning and creativity. This month, our Family and Consumer Science classes are designed to spark joy and personal growth, no matter your age or interests!

For families with young children, we're offering our **Laugh and Learn Class**, which focuses on helping preschoolers get ready for kindergarten. Through fun activities, we aim to enhance early learning skills that will set children up for academic success in the future.

If you're a sewing enthusiast, you won't want to miss our **Second Saturday Sewing Studio!** This month, we'll be teaching participants how to make a pattern for a knit shirt- a perfect project for anyone looking to expand their wardrobe-making skills or learn more about working with knit fabrics.

Let's get into the Christmas spirit with Liz Williams and a **Christmas Card Craft Class**, where you can channel your holiday spirit early by making personalized cards to share with loved ones. Whether you're new to crafting or a seasoned DIYer, this class is sure to inspire your festive creativity.

Many more classes are listed on the flyers and our calendar. Join us as we embrace the season of growth and learning! There's something for everyone this October, and we can't wait to see you in class.

Debbie Huxon



Calendar of Events

October 1	Cooking Through the Calendar	10:30 am	CCP Library
October 2	Homemaker Advisory Council	9:30 am	Meeting Hall
October 2	Homemaker Officer Training	10:00 am	Meeting Hall
October 3	Potpourri Homemakers	9:30 am	Meeting Hall
October 3	Wesley Living Health Fair	1-3 pm	Wesley Living
October 4	Laugh and Learn	10:00 am	CCP Library
October 5	Shooting Sports Homemakers	9:00 am	Range
October 5	Arts & Crafts Meeting	1-3 pm	Meeting Hall
October 8	Modern Homesteading	6:30 pm	Meeting Hall
October 9	Town & Country Homemakers	11:00 am	Pagliai's
October 9	Quilt Lovers Charity Sew	9am-4pm	Meeting Hall
October 10	WITS Workout	1:00 pm	Wesley Living
October 11	WITS Workout	10:00 am	Sr. Center
October 12	Second Saturday Sewing Studio	9-11 am	Lee Furst Cabin
October 12	Quilt Lovers Fun Sew Day	9am - 4pm	Meeting Hall
October 13-19	KEHA Week		
October 15	Quilt Lovers Homemakers	5 pm social 6 pm meeting	Meeting Hall
October 16	Club/Area Officer Training	9am-11am	Graves County
October 16	Set up for County Annual Day	1 pm - ?	Meeting Hall
October 17	Calloway County Homemaker Annual Day	9 am registration 10 am meeting	

OCTOBER

Calendar of Events

October 21	Christmas Crafting Class	1-3 pm	Meeting Hall
October 22	Friendship Homemaker	6:30 pm	Judy Stahler
October 24	Happy Hearts Homemakers	11:00 am	Meeting Hall
October 25	WITS Workout	10:00 am	Sr. Center
OCTOBER 31	HAPPY HALLOWEEN!		
November 1	Laugh and Learn	10:00 am	CCPL
November 2	Arts & Crafts Meeting	1pm-3pm	Meeting Hall
November 2	Shooting Sports Meeting	9 am	Range



OCTOBER

Calloway County Homemakers Corner

Dear Calloway County Homemakers,

I want to extend my deepest gratitude for all the hard work and dedication that went into making the Purchase Area Homemaker Annual Day such a success. Each club was assigned specific tasks, and every one of you executed them to absolute perfection!

A special thanks to Valerie Wright and Katie Powell, who did an outstanding job organizing all the details and paperwork that helped the day run so smoothly. With 119 people in attendance (and one unexpected visitor- a baby snake!), it was truly a memorable event.

Your dedication and teamwork are what made this day possible, and I am so grateful for all the time and energy you invested. Thank you for making this event a wonderful experience for everyone involved.

With sincere appreciation,

Debbie Huxon



Calloway County Homemakers Corner

Club News

Friendship - will meet on Tuesday, October 22 at 6:30 pm at Judy Stahler's home with JoAnn Harris presenting the Program for October. Pot Luck

Happy Hearts - will meet at 11:00 am on Thursday, October 24 at the Meeting Hall, with Cecelia Hostilo as hostess. A fun lunch of hot dogs/chili dogs and all the "fixins" is planned. Members should bring a side dish to complete the meal. Tammy Mitchell will present the scheduled October lesson.

Modern Homesteaders - will meet Tuesday, October 9 at 6:30 pm in the Meeting Hall. FCS Agent Debbie Hixon will present a lesson on canning.

Potpourri - will meet at the Meeting Hall on Thursday, October 3 at 9:30 am. Members should bring their "UFOs" unfinished objects to work on during the meeting.

Quilt Lovers - will meet in the Meeting Hall on Tuesday, October 15 at 5:00 pm for social time and 6:00 pm for the meeting. October 10 is charity sew day.

Shooting Sports - will meet for their first official meeting on Saturday, October 5 at 9:00 am on the range (weather permitting) or in the Meeting Hall.

Town and Country - will meet at Pagliai's on Wednesday, October 9 at 11:00 am. Gayle Balentine will present the scheduled lesson.

Calloway County Homemakers Corner

Homemaker Officer/Educational Chair Training

The 2024-2025 Homemaker Officer/Educational Chair Training will be held in the Meeting Hall on Wednesday, October 2nd at 10 am immediately following the Homemaker Advisory Council meeting at 9:30 am. This training is for all club and County Homemaker office holders as well as the educational committee chairpersons. It promises to be an educational as well as fun time as we “Blaze the way for KEHA.” Please bring your officer folder from last year so it can be updated. You will receive the KEHA year end report forms as well as information regarding meeting parliamentary procedures, tips for minutes, treasury reports, and general meeting ideas. **You might just win a car at this meeting if you attend!**



Organizational Meeting for new Homemaker Arts & Crafts Club

Alison Geurin invites you to an organizational meeting to establish a new Homemaker Arts and Crafts Club. The goal of this club is to foster an interest in arts, crafts, fiber arts, and the appreciation of artistic endeavors. The meeting will take place in the Meeting Hall at 93 Extension Way, Murray, on Saturday, October 5th, at 1:00 pm. come join the fun, help plan this exciting new club, and connect with others who share a passion for the artistic side of life.

Calloway County Homemakers Corner

CALLOWAY COUNTY HOMEMAKERS LAUNCH NEW SHOOTING SPORTS CLUB

We are excited to announce the formation of a new Homemaker club in Calloway County, Kentucky, focused on **Shooting Sports!** This unique club will offer members an opportunity to learn essential skills in **gun and archery safety, storage, cleaning, and maintenance**, as well as hands-on practice in using firearms and bows. The club aims to enhance participants' self-confidence, focus, and self-esteem through **guided shooting sessions**.

Members will meet **on the first Saturday of every month at 9:00 am** at the Calloway County Extension Office's shooting range, located at **93 Extension Way, Murray, KY**. Each session will feature practical, expert-led training in both firearms and archery.

What You'll Learn

- **Gun Safety:** Proper handling, storage, and care of firearms
- **Archery Skills:** Safe handling, maintenance, and technique with bows
- **Shooting Techniques:** Hands-on experience to improve accuracy and focus
- **Confidence Building:** Shooting sports help to sharpen focus and improve self-discipline

Membership & Costs:

- **Annual dues** for new Homemakers will be \$15
- A **\$10 fee** will cover supplies such as ammo, paper targets, and general equipment upkeep

This new Shooting Sports club offers an exciting opportunity to **learn a new skill** in a supportive, structured environment. Whether you're a beginner or looking to refine your existing skills, we welcome participants of all levels.

Join us for a **fun, safe, and empowering** experience! For more information, contact the Calloway County Extension Office.

We look forward to seeing you on the range!

Calloway County Homemakers Host Successful Purchase Area Annual Day Event

On Tuesday, September 10, 2024, the Calloway County Homemakers hosted the Purchase Area Homemakers Area Annual Day, bringing together 119 attendees from across the Purchase Area to celebrate achievements and foster community spirit. Representatives from all eight counties in the area participated, marking the event as a resounding success. Special guests included Kelly May, State KEHA Advisor, and Brenda Hammons, State KEHA President, whose presence underscored the importance of the occasion.

A purse auction was held to raise funds for ovarian cancer research. The lively bidding resulted in \$664 being collected, showcasing the generosity and dedication of those in attendance toward supporting a critical cause. One of the highlights of the day was an especially inspiring production of "The Ties That Bind" presented by Connie Talent and Ruth Daughaday. The history of Aprons, along with poems, personal stories and a fashion show of aprons were enjoyed by all.

Throughout the event, individual members and clubs were recognized for their outstanding contributions in four key categories: Extension, KEHA, Community, and Personal volunteer service. These awards celebrated the tireless efforts of members who continue to serve their communities in meaningful ways.

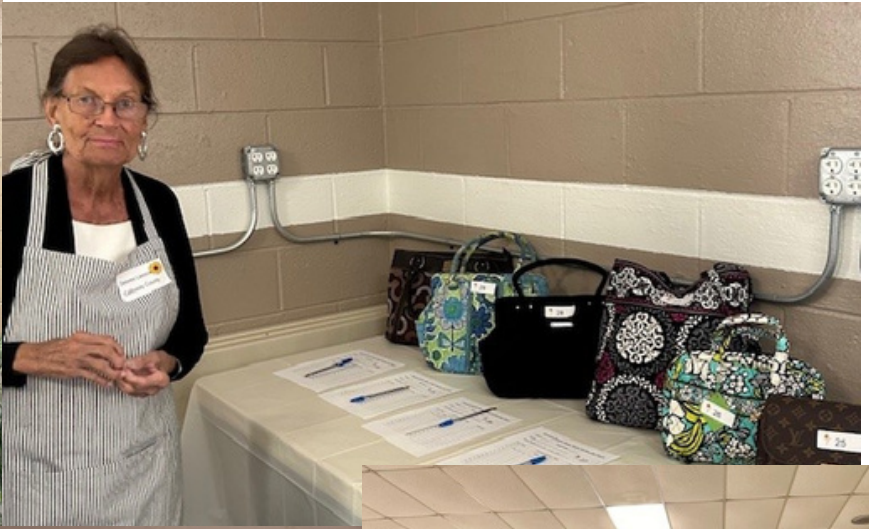
A particularly poignant moment came during the announcement of service milestones, honoring those who have reached significant years of service with the Homemakers, along with remembering the Homemakers who are no longer with us, acknowledging their lasting impact on the organization.

Each county provided a report outlining the accomplishments and contributions of their respective Homemaker clubs over the past year. In addition, the winners of the Cultural Arts competition were announced, highlighting the incredible talent and creativity within the organization.

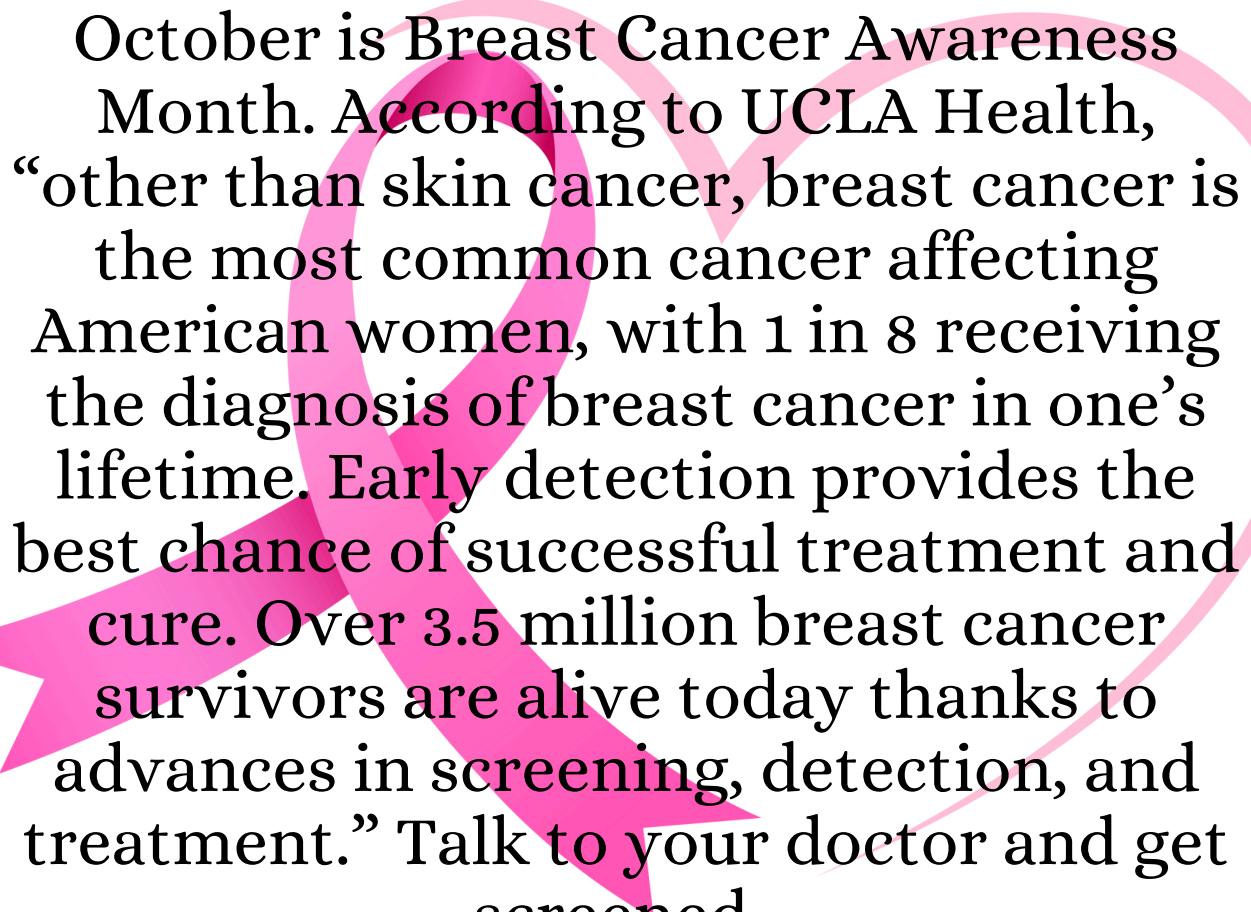
The event also included a business meeting where important updates were shared, and a partial slate of new officers was installed to lead the organization forward. The day concluded with door prizes, adding an element of fun and excitement to an already memorable gathering. Calloway County Homemakers were proud to host such a meaningful event, and I would like to thank each of the Homemakers who worked so hard to make the day a resounding success!



Calloway County Homemakers Host Successful Purchase Area Annual Day Event



Making Healthy Lifestyle Choices

A large, stylized pink awareness ribbon graphic is centered behind the main text. The ribbon is a vibrant pink color and is shaped like a continuous loop with a tail that points downwards and to the left.

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 in 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.

For more information contact the Calloway County Health Department or the following:

**Kentucky Cancer Program
American Cancer Society
www.cdc.gov/cancer/nbccedp/
www.kycancerprogram.org/kcp-west/
www.cancer.org**

Nurturing Families

October 10: World Mental Health Day

October 10 is **World Mental Health Day**, a global initiative dedicated to raising awareness and promoting the importance of mental well-being. This day highlights the need to support those facing mental health challenges and encourage open conversations about mental health in our communities.

In 2024, the focus is on fostering **mental health for all** by promoting access to resources, reducing stigma, and encouraging self care. It's a reminder to prioritize your own mental health and support others in their journey. Together, we can create a world where mental well-being is a shared priority.

Take a moment today to reflect, reach out, and remember that mental health matters!



Accessing Nutritious Food

Eating healthy in the fall is all about embracing the season's fresh, nutrient-rich produce, especially hearty root vegetables like carrots, sweet potatoes, beets, and parsnips. These vegetables are packed with vitamins, minerals, and fiber, making them a great base for nourishing meals. Pair them with other seasonal foods like squash, apples, and leafy greens to create warm, comforting dishes that support your immune system and overall health. Roasting or slow-cooking these vegetables brings out their natural sweetness, making it easy to enjoy wholesome, satisfying meals as the temperatures drop.



Glazed Butternut Squash with Carrots and Turnips

1½ cups cubed butternut squash	½ teaspoon salt
1½ cups sliced carrots	¼ teaspoon pepper
1½ cups cubed peeled turnips	Cooking spray
4 teaspoons oil	2 tablespoons maple syrup

1. Preheat oven to 450 degrees. **5. Bake** for 10 minutes.

2. Cut vegetables into ½-inch pieces. **6. Stir** in syrup and bake an additional 20 minutes.

3. Coat a 9 x 13-inch baking dish with cooking spray. **Yield:** 8, ½ cup servings.

4. Combine the first 6 ingredients.

Nutritional Analysis: 60 calories, 2.5 g fat, 0g sat fat, 1 g protein, 9 g carbohydrate, 0 mg cholesterol, 170 mg sodium, 2 g fiber.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Accessing Nutritious Food

Chicken & Ranch Mushrooms

Ingredients:

- Nonstick spray
- 1 pound boneless, skinless chicken breasts, sliced into strips
- 8 ounces white mushrooms, sliced
- 2 teaspoons dry ranch dressing mix
- 1 tablespoon unsalted butter
- 1 1/2 cups fresh spinach
- 1/4 teaspoon garlic powder
- 2 cups cooked barley or brown rice



Directions:

1. Spray large skillet with nonstick spray; heat to medium. Add chicken, cover and cook for 5 minutes. Turn chicken and move to one side of pan. Add mushrooms.
2. Sprinkle ranch seasoning over chicken and mushrooms. Add butter. Saute for 5 minutes, stirring frequently. Remove from pan.
3. Add spinach to pan and sprinkle with garlic powder. Cover and steam until spinach wilts (3-5 minutes), stirring occasionally.
4. Arrange barley or brown rice on plates. Top with spinach, chicken and mushrooms.

Source: Brooke Jenkins-Howard, Extension Specialist, University of Kentucky Cooperative Extension Service

320 calories; 6g total fat; 2.5g saturated fat; 0g trans fat; 90 mg cholesterol; 270mg sodium; 26g carbohydrate; 4g fiber; 1g sugar; 0g added sugar; 30g protein; 80% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium

Events

Cooperative Extension Service

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
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or physical or intellectual limitations for prior civil rights activity. In suitable accommodations of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506

JOIN LIZ WILLIAMS AND CALLOWAY CO. EXTENSION IN MAKING

CHRISTMAS CARDS

Create paper cards and gift tags!

October 21st
1pm-3pm
White Meeting Hall

\$10 Registration Fee

Spread Holiday Cheer

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

Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or physical or intellectual limitations for prior civil rights activity. In suitable accommodations of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506

Cooperative Extension Service

Laugh & Learn

Calloway County FCS & Calloway County Public Library

Come learn skills for your little one before they enter kindergarten!

- First Friday of each month
- Practice Pre-Kindergarten Skills
- Must be accompanied by an adult

Sept. 6th Oct. 4th
Nov. 1st Dec. 6th
Jan. 3rd Feb. 7th
March 7th April 4th
May 2nd June 6th

[f](#) @CallowaycountyFCSextension

Calloway Co. Public Library @ 10:00

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
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or physical or intellectual limitations for prior civil rights activity. In suitable accommodations of disability may be available with prior notice. Program information may be made available in languages other than English.
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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and without discrimination on the basis of race, color, ethnic origin, national origin, gender, marital status, age, sexual orientation, physical or mental disability or political or religious beliefs. Kentucky Cooperative Extension projects are funded in part by the U.S. Department of Agriculture, National Institute of Food and Nutrition, and the U.S. Department of Education. For more information, contact your local Extension office. ©2019 University of Kentucky, U.S. Department of Agriculture, and Kentucky Cooperative Extension. Lexington, KY 40526



Second Saturday Sewing Studio

Machines Provided

October Project:
Making a T-Shirt Pattern

November Project:
Making a T-Shirt

FREE!

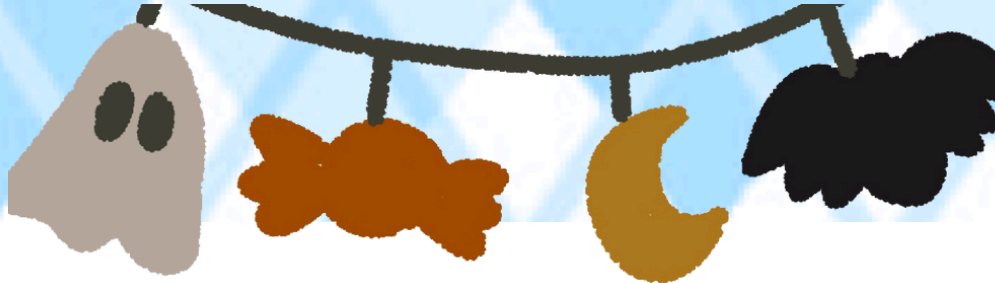
Participants must attend the October meeting if interested in attending the November meeting.

Contact the Calloway Extension Office at 270-753-1452 to register
93 Extension Way, Murray, KY 42071
limited spots available
Ages 16+ Welcome

Saturday, October 12th & Saturday, November 9th
Lee Furst Sewing Cabin
9am-11am

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
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and without discrimination on the basis of race, color, ethnic origin, national origin, gender, marital status, age, sexual orientation, physical or mental disability or political or religious beliefs. Kentucky Cooperative Extension projects are funded in part by the U.S. Department of Agriculture, National Institute of Food and Nutrition, and the U.S. Department of Education. For more information, contact your local Extension office. ©2019 University of Kentucky, U.S. Department of Agriculture, and Kentucky Cooperative Extension. Lexington, KY 40526



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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties. Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.



Long form Non-discrimination Policy

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity.

Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to

Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment,
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.

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

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