

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

WELCOME TO SEPTEMBER!

As we transition from the warm days of summer to the crispness of fall, there's an undeniable sense of renewal in the air. September marks the perfect time to dive into new projects, refresh our homes, and reconnect with our community. Whether you're gearing up for autumn gatherings, planning seasonal crafts, or simply enjoying the changing landscape, this month offers countless opportunities to embrace the FCS spirit. Let's celebrate the season of harvest, growth, and togetherness with creativity and enthusiasm.

To help you make the most of this season, we have an exciting line-up of events, classes, activities, and just plain fun kicking off in September! Be sure to check out our calendar and join in the festivities. Our Homemakers are gearing up for a new year, filled with lessons and activities. Mark your calendars for September 24th, when we'll hold an organizational meeting for a new Shooting Sports Homemaker club at the Meeting Hall. The Second Saturday Sewing Studio returns with a practical and handy project, and our Fabulous Fall Curb Appeal class, taught by Kelly Steele and Kim Crouch, will get you into the autumn spirit. We'll wrap up the month with the always-popular Homemakers' yard sale. There's something for everyone, so don't miss out!

Stay safe!

Debbie Huxon



Calendar of Events

September 2	Office Closed- Labor Day		
September 3	Cooking through the Calendar	10:30 am	CCP Library
September 3	Modern Homesteaders	6:00 pm	Meeting Hall
September 4	Quilt Lovers Breakfast	9:30 am	Crossroads
September 5	Potpourri Homemakers	9:30 am	Meeting Hall
September 6	Laugh and Learn	10:00 am	CCP Library
September 9	Set up for Area Annual Day	10:00 am	Meeting Hall
September 10	Purchase Area Annual Day	9:30 am	Meeting Hall
September 11	Comfort Quilt Workday	9am-4pm	Meeting Hall
September 12	WITS Workout	1:00 pm	Wesley Living
September 13	WITS Workout	10:00 am	Sr. Center
September 14	Second Saturday Sewing Studio	9-11am	Lee Furst Cabin
September 14	Fabulous Fall Curb Appeal	10:00 am	Meeting Hall
September 17	Quilt Lovers Homemakers Social	5:00 pm	Meeting Hall
	Quilt Lovers Meeting	6:00pm	Meeting Hall
September 18	Town & Country Homemakers	11:00 am	Pagliari's
September 22	First day of fall		
September 24	Organizational Mtg. for Shooting Sports	6:30 pm	Meeting Hall
September 24	Friendship Homemakers	6:30 pm	Judy Stahler
September 26	Happy Hearts Homemakers	11:00 am	Meeting Hall

SEPTEMBER

Calendar of Events

September 27	Yard Sale & Bazaar Set Up	9:00 am	Meeting Hall
September 27	WITS Workout	10:00 am	Senior Center
September 28	Homemaker Yard Sale & Bazaar	8am-12pm	Meeting Hall
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	Wesley Living Health Fair	1-3pm	Wesley Living
October 4	Laugh and Learn	10:00 am	CCP Library
October 5	Arts & Crafts Organizational Mtg	1-3pm	Meeting Hall
October 13-19	KEHA Week		



SEPTEMBER

Calloway County Homemakers Corner

Welcome Homemakers!

We had a wonderful year last year! We experienced growth with 56 new members for 119% increase. Two new clubs joined us: Modern Homesteaders, and Quilt Lovers of Murray. I want to thank everyone for inviting others to join. **Every club had new members.** Interest has been shown in establishing more special interest clubs! This is an opportunity for the facility to be used and for more friendships.

Upcoming activities for our members are the Bazaar/Yard Sale Sept. 28, 8 am - Noon, and our County Annual Day on Oct. 17, 9:30 - 1 pm. KEHA week is Oct. 13-19. Clubs have begun to meet to start the program year 2024-2025. Please invite others to join you in our activities, Homemakers may be just what that person needs to feel involved in our community!

Be the reason someone believes in the simplicity, dignity,
kindness, and goodness of people.

Be the person you are looking for in the world.

Sangeeta Rana

Thank you for all that YOU do for Homemakers and OUR community!

Alison Geurin

Purchase Area Annual Day

The Purchase Area Homemaker's Annual Day will be proudly hosted by our very own Calloway County Homemakers! With dedication and enthusiasm, we have worked diligently to create a memorable day for our fellow Homemakers. Each club has been assigned specific tasks to ensure the event is as festive and enjoyable as possible. Throughout the day, we will celebrate the remarkable achievements of our Homemakers, recognizing their year-long efforts in education, volunteerism, cultural arts, and community involvement. Special honors will also be given to those Homemakers who are no longer with us, as well as those who have reached significant milestones in their years of membership. We are honored to welcome esteemed guests from State Extension office and KEHA State Homemakers. The day's entertainment will feature Connie Talent with her presentation "The Ties that Bind," accompanied by a Fashion Show of aprons, while Kathy Bodine will enhance the ambiance with her piano music. A delicious lunch, catered by Sirloin Stockade, will be served. All in all, it promises to be a day filled with warmth, celebration, and camaraderie for everyone in attendance.

Calloway County Homemakers Corner

Club News

Friendship Homemakers - will be meeting at Judy Stahler's home on Tuesday, September 24 @ 6:30 with a potluck before the meeting.

Happy Hearts - will be meeting in the Meeting Hall September 26 @ 11:00 am for potluck and monthly meeting.

Modern Homesteaders - will be meeting Tuesday, September 3 @ 6:00 pm in the Meeting Hall. The regular meeting day has been changed to the 2nd Tuesday of the month but was changed in September because of the Area Annual Day. The October meeting will be October 8 with all meetings starting at 6:30 pm.

Potpourri - will be meeting in the Meeting Hall on September 5 @ 9:30 am, members will be assembling the goody bags for Area Annual Day.

Quilt Lovers - will be meeting for their regular monthly meeting on September 17 @ 5:00 pm for social hour and 6:00 for the meeting. Breakfast is at the Crossroads Restaurant on September 4 @ 9:30 am. Comfort quilt day is September 11 in the Meeting Hall from 9am-4pm.

Town & Country - will be meeting at Pagliai's Restaurant on September 18 @ 11:00 am.



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.

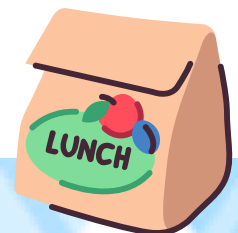


Accessing Nutritious Foods

To pack or not to pack - School lunches that is!!

Packing nutritious and appealing school lunches involves thoughtfully combining a variety of food groups to ensure children receive the energy and nutrients they need to thrive throughout the day. A balanced lunch typically includes a source of protein, such as lean turkey slices, hummus, or cheese; whole grains like whole wheat sandwiches, brown rice, or whole grain crackers; and plenty of fruits and vegetables, which can be offered as fresh slices, colorful salads, or fun-shaped veggie sticks. Incorporating dairy, such as yogurt or a small carton of milk, provides essential calcium for growing bones. To make these meals more enticing for children, involve them in the selection process, use creative presentations like bento boxes or colorful containers, and include a variety of textures and flavors to keep lunchtime exciting and enjoyable.

Alternatively, when children eat school-provided lunches, it's important that the meals served by the school adhere to nutritional guidelines that promote health and well-being. Many schools strive to offer balanced options that include lean proteins, whole grains, fruits, vegetables, and dairy, ensuring that children receive a well-rounded meal. To encourage healthy eating habits, schools can provide choices that cater to different tastes and dietary needs, making the meals both nutritious and appealing. Additionally, incorporating familiar and favorite foods in healthier formats can help children enjoy their meals while still receiving the necessary nutrients. By focusing on balanced, nutritious, and tasty options, school-provided lunches can support children's growth, concentration, and overall health, fostering positive attitudes toward healthy eating that can last a lifetime.



Embracing Life as We Age

Stand Up to Falling & Fall Prevention

National Fall Prevention Awareness Day is Sunday, September 22, 2024.

Falling in one home's causes many life-threatening injuries and jeopardizes the independence for over one third of Kentucky's senior population (65+) each year. Falls do not have to be a part of growing older, however, as fall-related injuries are often preventable. One way to be mindful of potential injuries is to take steps to prevent them. By lowering the risk of falls, health and independence can be preserved. According to the Kentucky Safe Aging Coalition, older Kentuckians should follow these guidelines to help prevent falls:

- Exercise regularly to increase strength and improve balance
- Ask a physician to review medications to reduce the risk of harmful side effects
- Have a vision check at least once a year
- Improve lighting at home
- Reduce hazards in the home that can lead to falls
- Install grab bars, and use bathing seats and toilet risers
- Eliminate throw rugs
- Keep hallways and walkways free of clutter
- Use a medical alert system

Source: Amy F. Hosier, UK Cooperative Extension, Family Life Specialist
Resources: U.S. Centers for Disease Control and Prevention (CDC); Kentucky Safe Aging Coalition

Empowering Community Leaders



Voter Deadlines and Information

Kentucky General Election - November 5, 2024

Deadline for Registration: 4:00 p.m. on Monday, October 7, 2024
www.GoVote.KY.gov (do not use any other site for voter registration)

1. Check your voter registration, making sure that your name, address, phone number, email and social security number are listed and are correct.
2. Youths who will turn 18 ON or before the General Election Day on Tuesday, November 5, 2024 can register to vote when they are 17 years of age.

To find out who will be on the ballot: <https://web.sos.ky.gov/CandidateFilings/>
Kentucky House and Kentucky Senate seats; Congressional House seats; candidates for various judgeships; local mayoral and city council seats.

There will also be an important Constitutional Amendment #2 on School Choice

Don't know who to vote for?

Go to the candidates' websites and see if they have endorsements and by whom and what groups/organizations the candidate belongs to.

Check for Early Voting Locations Open on 10/31, 11/1 and 11/2/24

Voting is an individual act; helping people to vote is a community responsibility.

Call and email your friends and family, reminding them to vote

Ask your neighbors and friends if they need a ride to the polls or to an early voting site.

Ask your employer to give their employees time off with pay to vote.

Feel free to pass this information along to your email lists and organizations.

REMEMBER: Elections have consequences! Make sure your voice is heard through your vote and encourage others to register and to vote!!

For more information, contact: Sheila A. Schuster, Ph.D. kyadvocacy@gmail.com

VOTE

★ ★ ★ ★ ★

Events



PLEASE JOIN THE
CALLOWAY CO. HOMEMAKERS
FOR A
**BAZAAR &
YARD SALE**
September 28th, 8am to 12pm

VENDORS CAN SET UP FRIDAY FROM 10AM-4PM OR SATURDAY @ 7:30AM BY SPECIAL ARRANGEMENT WITH CONNIE TALENT. VENDOR BOOTHS ARE ONLY OPEN TO HOMEMAKERS OR HOMEMAKER CLUBS. CALL THE CALLOWAY COUNTY EXTENSION OFFICE AT 270-753-1452 FOR ANY QUESTIONS OR FOR CONNIE'S CONTACT INFO.

CALLOWAY CO. EXTENSION CAMPUS
WHITE MEETING HALL
93 EXTENSION WAY,
MURRAY 42071

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

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**SHOOTING
SPORTS
HOMEMAKER
CLUB**

ORGANIZATIONAL
MEETING

SEPTEMBER 24TH, 6:00 PM

WHITE MEETING HALL
MUST BE 18 OR OLDER TO ATTEND

CLUB LED BY PAUL HENDRIX



UK University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Second Saturday Sewing Studio

Learn small sewing skills
on the 2nd Saturday
of each month

Machines Provided

September Project:
Carry Bag

Participants need to bring 2
pieces of coordinating fabric,
each 2/3 of a yard

FREE!

Approx. 2 hour class

Contact the Calloway
Extension Office at
270-753-1452
to register
93 Extension Way,
Murray, KY 42071

limited spots available


Ages 16+ Welcome

Saturday, September 14, 2024
Lee Furst Cabin
@ 9:00-11:00 am



**Cooperative
Extension Service**
Agriculture and Natural Resources
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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
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Lexington, KY 40506



Disabilities
accommodated
with prior notification.



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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.