

JUNE 2024

FCS & HOMEMAKER newsletter



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

Cooperative Extension Service
Graves County
4200 State Route 45 N
Mayfield KY, 42066
270-247-2334

June 3, 10, 17, 24	10am Crochet Club- every Monday
June 3	5-7pm Instant Pot Class - money due May 31
June 11	9am-11am Extension Exhibit Entries-expo 1 at the fairgrounds
June 12	10am TLC Club Meeting
June 12	1pm Friendship Club Meeting
June 13	10am Community Club Meeting
June 13	5:30 Adult Sewing Group
June 13	5:30-8:30 Hook & Cook- learn the basics of carp
June 15	9am-12pm Tamale Cooking Class - money due June 7
June 17	10am-12pm Extension Exhibit Entry pickup- expo 1 at the fairgrounds
June 20	10am & 5:30pm Greeting Card make & take
June 25	9am-2pm Food Preservation Class- pressure & water bath canning
June 29	9am-12pm Mediterranean Cooking Class - money due June 21
August 27	10am County Homemaker Annual Day
September 10	Purchase Area Annual Day- Calloway County Extension Office

Happy June! May has been like many months this year and just gone by so quickly! I remember hearing my Grannie say that as you get older, time goes by faster. How right she was. She also had several other sayings, but one of my favorites was when I would ask her what she was doing. Her reply was, "Bluing. Want to buy a bottle?" To this day, I'm really not sure what she meant, but I just loved the way it would roll off her tongue!!

For Extension Homemakers, June means it's time to assess and document all we have done in the last year of homemaking. It's time to count and record our Volunteer Service Hours (VSU's). When we look at how many hours we have volunteered in our community, for our church, and even for our families, some of us are stunned at the time we've spent volunteering. Did you realize a volunteer hour is currently valued at between \$31.80 and \$33.49? I'm always amazed, but not surprised, at how many hours Graves County Homemakers volunteer and how much those hours, monetarily, put into our community! So, take your time and document all of your hours. You will need to turn that number and your documentation into your home club. If you are a mailbox member, you can also document your hours and turn them in to the extension office. We will add those to our club totals.

We will also look at our Programs of Work and see if we met the goals that were set for us. Some of those goals were met through our monthly lessons and some through special events sponsored. For example, we recently had a program presented by the Graves County Health Department on the dangers of Radon in our homes. These types of programs are usually organized by the county chairman in the leadership area the topic falls under. I want to thank these chairmen for organizing and offering these opportunities.

June is not only a time of assessing what we have done in the past year, but it's also a time to plan what we will do in the future. How do we want Extension Homemakers to look in 2024-2025? What changes do we need to make? How can we encourage others to join our group? These are all things that the advisory council think about and plan for as a group. If you have ideas, contact me or any of the others on the County Advisory Council.

At our August Annual Day, the results of our 2023-2024 year will be announced and members will be recognized for their service to Graves County Extension Homemakers. Mark your calendar for August 27 at 10 am so you will remember to attend our Graves County Annual Day. More information will be forthcoming about that day.

Have a great June!

Debbie Smith
GCEH President

INSTANT POT

Monday
June 3, 2024
5 - 7PM




Limited to 15 people - \$5

Make meatloaf, stuffed peppers,
creamy baked ziti, steel-cut oats
& red beans and rice!

CLASS

JUNE 2024

 Cooperative Extension Service

DONT MISS THIS OPPORTUNITY TO TAP INTO YOUR ARTISTIC, CULINARY + GROWER SIDE!

11 — 15

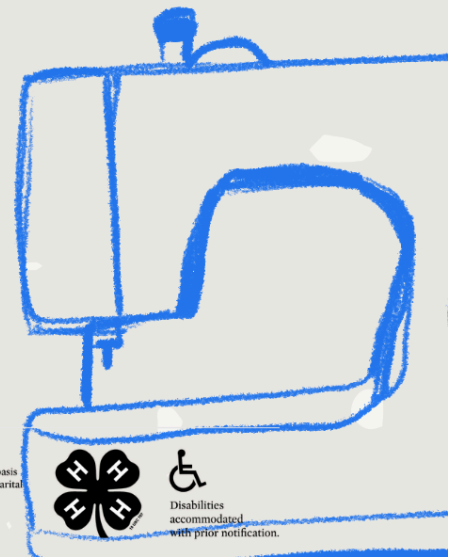


EXTENSION EXHIBITS

UNLEASHING YOUR CREATIVITY

Stop by the Graves County Extension Office to pick up entry rules and regulations for the Home Division, 4-H Projects & Shows, and Farm & Garden Produce!

SAVE THE DATE!



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 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.



HOOK

and

COOK

HARVEST YOUR OWN LOCAL MEAT

HOOK AND COOK

Learn the basics about invasive carp, including where they came from, how to clean them, and how to cook the meat. This class will be held at the Graves County Cooperative Extension Office.

Mayfield, KY

June 13

- Q&A with a Biologist
- Fish Processing
- Recipe Sampling

Event Details

Graves Co. Coop. Extension Office
4200 US 45, Mayfield, KY 42066

Time: 5:30 p.m.—8:30 p.m.
(Central)

To sign up for this event scan
this QR code with the camera on
your smart device.



More info: Easton.Copley@ky.gov or 502-330-1411

[http://app.fw.ky.gov/eventregistration/
startpage.aspx?REGID=416](http://app.fw.ky.gov/eventregistration/startpage.aspx?REGID=416)



YouTube

TAMALE

 Cooperative
Extension Service

Saturday
June 15, 2024
9AM - 12PM



Limited to 12 people - \$30
Each person will take home
one dozen pork tamales!

CLASS

An Equal Opportunity Organization

Graves County Extension Office

MEDITERRANEAN 101



Limited to 15 people - \$10

Make + eat fresh dressings, stuffed veggies, mixed veg casserole, braised greens with peppers, braised green beans and potatoes & two kinds of salads!

Saturday

June 29, 2024

9AM - 12PM



Graves County Cooperative Extension

4200 State Route 45 N

Mayfield, KY 42066