

SEPTEMBER 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

Sept 9, 16, 23, 30	10am Crochet Club
September 2	office closed for Labor Day holiday
September 4	10am Homemaker Officer & Educational Chairman Training
September 5	1pm Homemaker Book Club at the GC Public Library The lost City of Z by David Grann
September 5	4:30-6pm Fall Fest & Chili Cook-off
September 10	Purchase Area Annual Day- Calloway County Extension Office
September 11	10am TLC club meeting
September 11	1pm Friendship club meeting
September 12	10am Community club meeting
September 12	5:30pm Adult Sewing Group
September 12	5pm Cooking with Pete Jackson- brisket (class almost full)
September 19	10am & 5:30pm Greeting Card make & take
September 18	10am County Homemaker Educational Chairman follow-up meeting
September 21	9am-12pm Tamale class- pay by September 6th
September 30	5-8pm Instant Pot class - pay by September 20th
October 1	10am Lead Your Team: Health Literacy for the Win!

A note from Debbie Smith, Graves County Homemaker President

September—I always think of this month as being the beginning of Fall and a time where our harvests have almost ended, and cooler weather is beginning. I'm ready for the green beans, cucumbers, and other vegetables to be finished; but love looking at my canning cupboard with all its colors and shiny jars. And I love opening the freezer and seeing the corn, peas, and other veggies just ready for the stovetop! We may still can some apples and make some applesauce, but basically, my gardening is usually over by September.

I want to thank everyone who was able to attend our Annual Day. We had 25 in attendance and honored our homemakers who had outstanding achievements this past year. We had five members who celebrated a milestone in their years of membership. We celebrated Jan Mayes who has been a member for 50 years, Joann Collins for 40 years membership, Beverly Smith for 30 years of membership, and Martha Beasley and JoAnn Rodgers for 10 years each. Congratulations to these ladies and their commitment to Extension Homemakers.

Other awards given were:

- Reading Awards-Vi Kibler, Janet Riley, and JoAnn Rodgers
- Perfect Attendance-Martha Beasley, Norma Britton, Vi Kibler, Lorali Larys, Debbie Smith, Joyce Toon, and Joyce Wilford
- Passport Book Reporting-Janet Riley (13 Events/Places)
- Volunteer Service Units (Top three in each category)
 - Extension-Monica Jackson, Martha Beasley, Gloria Beadles
 - KEHA-Debbie Smith, Gloria Beadles, Virginia Langford
 - Community-Lorali Larys, Shirley Gritton, Joyce Wilford
 - Personal-Phyllis Wheeler, JoAnn Rodgers, Joyce Wilford
- The following members documented VSU hours this year-Debbie Smith, Gloria Beadles, Janet Riley, Janice Kafton, Jessica Hays, Joann Collins, JoAnn Rodgers, Joyce Toon, Joyce Wilford, Lorali Larys, Martha Beasley, Mary Harbin, Monica Jackson, Norma Britton, Sherry Gregory, Shirley Gritton, Theda Sims, Vi Kibler, Virginia Langford.

As a county, we documented 8657.25 hours and a monetary equivalent of \$289,931.30! That makes quite an impact on our community!! Let's set a goal of documenting 9000 hours or more for our new year.

We enjoyed a lesson on the "ABC's of Life" and learned about Johnny Appleseed whose life taught us that it's too late to make a difference.

I always love when we can look back on our accomplishments, but we can't rest too long on that. It's time to look forward to our 2024-2025 year. Dues will be paid, lessons will be assigned, and hopefully, a recruitment of even more members will occur. Next month we will look at some goals and some activities we will concentrate on in our new year.

Thank you for being a part of Graves County Extension Homemakers!



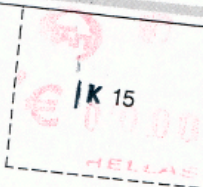
you're invited to

Fall Fest



SEPTEMBER 5
4:30-6:00PM

enjoy lawn games, treat walk,
face painting, petting zoo + more!
meet the staff, learn about our
programs + register for door prizes



GRAVES COUNTY
EXTENSION OFFICE

4200 ST RT 45 N
MAYFIELD, KY 42066

GRAVES COUNTY EXTENSION OFFICE

CHILI COOK-OFF

Fall Fest

COOK RULES:

- ★ MUST PRE-REGISTER IN ORDER TO PARTICIPATE!
- ★ WILL RECEIVE GUIDELINES UPON REGISTRATION
- ★ BRING IN OWN SLOW COOKER!
- ★ ONE POT PER ENTRY!
- ★ TOMATO-BASED CHILI ONLY!
- ★ PRIZES AWARDED TO TOP THREE POTS!
- ★ BRING IN CHILI BEFORE 3PM ON DAY OF EVENT!

FREE TO ENTER!

THURSDAY

4:30PM

6:00PM



CALL TO REGISTER
270-247-2334

 Cooperative
Extension Service

Purchase Area Annual Day

Hosted by Calloway County Extension Homemakers

The Ties That Bind

September 10th, 2024

Registration: 9:30 am

Meeting: 10:00 am

Cost: \$14.00

Calloway Extension Meeting Hall

93 Extension Way

Murray, KY 42071

Located behind Scott's Grove

Baptist Church

**RSVP with
payment to your
local Extension
office by
August 28th**

**Purse Silent
Auction with
proceeds to
UK Ovarian
Cancer
Research**

Menu:

Ham, Chicken, Vegetables, Salad

 **Cooperative
Extension Service**



University of Kentucky
College of Agriculture,
Food and Environment
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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 40546



Disabilities
accommodated
with prior notification.

CALL THE EXTENSION OFFICE TO SIGN UP
CLASS IS ALMOST FULL

COME & JOIN US FOR

BRISKET CLASS

 Cooperative
Extension Service



THURSDAY

SEPT 12

GRAVES COUNTY
EXTENSION OFFICE

5:00 PM

FREE OF CHARGE!

Class is limited!

**Call 270-247-2334
to sign up!**

WITH
Pete Jackson

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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Disabilities
accommodated
with prior notification.

CALL THE EXTENSION OFFICE TO SIGN UP
MONEY DUE 9/6

TAUGHT BY CORTNEY BURGESS

 Cooperative
Extension Service

TAMALE

Saturday
Sept 21, 2024
9AM - 12PM



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

CLASS

An Equal Opportunity Organization

Graves County Extension Office

CALL THE EXTENSION OFFICE TO SIGN UP
MONEY DUE 9/20

TAUGHT BY CORTNEY BURGESS

 Cooperative
Extension Service

INSTANT POT

Monday
Sept 30, 2024
5 - 8PM



Limited to 15 people - \$5

Learn fast and easy recipes for
back-to-school season!

Nonrefundable

CLASS

An Equal Opportunity Organization

Graves County Extension Office



HEALTH LITERACY FOR THE WIN!

Have you ever been confused by the words your doctor was using during an appointment? Or maybe you were unsure when and how often to take a prescription medicine? Maybe you want to be informed when you take your loved one to the doctor. These are just common examples of opportunities to use health literacy.

It is estimated that 9 out of 10 adults have difficulty understanding and using health information. But don't worry! Everyone has struggled with health literacy at some point. This lesson will focus on increasing health literacy and empower you to step up and lead your health-care team in reaching your overall health goals!

10:00am

Choose a class location:

9/30 Marshall County 270-527-3285
10/1 Graves County 270-247-2334
10/2 Hickman County 270-653-2231
10/3 McCracken County 270-554-9520

To RSVP, please contact the office of the Lesson Hub you would like to attend.

For more information, contact
Brooke Hogancamp 270-628-5458
Carlisle County Extension Agent for
Family & Consumer Sciences



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

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Bacon and Tomato Dip

4 slices bacon, cooked crisp and crumbled

1 teaspoon garlic powder

1 cup fat free sour cream

1 cup low fat mayonnaise

2 large tomatoes, diced, reserve excess juice

Yield: 16, 2 tablespoon servings.

Nutrition Analysis: 50 calories;

3 g fat; 1 g saturated fat; 5 mg cholesterol; 160 mg sodium; 6 g carbohydrate; 0 g fiber; 3 g sugar; 1 g protein.

1. Combine all ingredients.

2. Add reserved tomato juice until dip reaches desired consistency.

3. Serve with fresh vegetables or reduced fat crackers.

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

