

October 2021 Extension Homemakers



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

Cooperative Extension Service

Adair County
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Columbia KY 42728
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NOVEMBER LESSON LEADER TRAINING

“Know Your Money Style”

Monday – October 11th – 12:00 noon

@ County Extension Office

This meeting is open to Club and Mailbox members.

Homemakers Council Meeting

Tuesday – October 26

5:30 pm

Adair County Extension Office

Contact County President Sharon Harris at
270-378-0548 if you have any items for the agenda.

KEHA WEEK 2021 October 10th – 16th



Refer to the enclosed flyer for details of Adair County Extension Homemakers activities for KEHA week.

All Extension Homemakers who pay their dues by the October 14-15th Drive-Thru Event will be entered in a Drawing for some nice prizes.

So don't forget to renew your dues.

Dues are \$10.00 per year.



Annual Awards Recognition

All Homemakers who are deserving of recognition for accomplishments in the 2020-21 program year will receive awards! On October 15th at 12:00 noon during the Drive-Thru event the following members will be recognized:

- **Eva Wilkinson** – 50 years membership
- **Sharon Harris** – 35 years membership
- **Mary Sharp** – 35 years membership
- **Mary Knight** – 25 years membership

Note: One-year perfect attendance certificates will be mailed to qualifying members.

Holiday Bazaar!

The annual Extension Homemakers Holiday Bazaar is on hold until 2022.

Due to health and safety guidelines brought about by COVID-19, we will not be able to have the traditional Holiday Bazaar in 2021 at the Extension Office. Keep positive thoughts for next year!



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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

HOMEMAKERS FUNDRAISER!

Pecans will be available at the Extension Office sometime around the middle of November! We are ordering fresh Pecans from this year's harvest. Announcements will be made as soon as they arrive. Pre-orders are not necessary.

ADAIR COUNTY EXTENSION HOMEMAKERS

409 Fairground Street in Columbia KY
270-384-2317

SCHERMER PECANS



HOW SHOULD PECANS BE STORED?

Contrary to popular belief, fresh pecans don't belong on shelves. Pecans should be stored in the freezer and can be kept in the freezer for up to two years. Candied pecans are good for 6 months in a temperature controlled environment.

WHAT MAKES SCHERMER PECANS DIFFERENT FROM THOSE YOU WOULD FIND ON THE GROCERY AISLES?

Our pecans are hand selected, fresh shelled to order, and then stored at the perfect temperature to preserve their freshness. A rarity in the industry, we handle all three aspects of the operation—owning orchards, shelling, candying and shipping.



The Kentucky Extension Homemakers Association and the Adair County Extension Homemakers is a volunteer organization that works to improve the quality of life for families and communities through leadership

development, volunteer service, and education. This fundraising effort will support the educational opportunities provided by the Adair County Extension Homemakers.

GO GREEN FOR HALLOWEEN



While little ghosts and goblins will soon go door to door collecting treats and scaring up fun, Halloween can be costly to both you and to the environment. From costumes to candy to decorations, go green this Halloween and give your pocketbook and the Earth a treat.

Before heading to the local retail store to purchase a new Halloween costume, reuse a costume from a previous year or design a new costume from clothes or materials you already have. To get a "new" look for the spooky night, host a costume swap party and trade old costumes with friends and neighbors. Yard sales and thrift shops are also a great place to find clothing and accessories for costumes without breaking the bank. After Halloween is over, donate unwanted costumes to a local charity instead of throwing them away.

When decorating your house and yard for Halloween, save and reuse decorations from year to year or use environmentally-friendly items. By using hay bales, mums, pumpkins, gourds and leaves from your backyard or the local farmers' market, you can use them throughout the fall and then add them to your compost once the season is over. For more spooky décor, make witches, bats and skeletons out of everyday materials, such as cotton balls, egg cartons and cardboard.

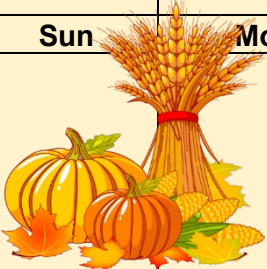

For friends and family that may stop by with their little trick-or-treaters, make homemade goodies, such as cookies, caramel apples or popcorn balls. Instead of passing out candy, buy pencils or other novelties made from recycled items. When purchasing treats to hand out, look for items with a minimal amount of packaging to reduce cost and waste. It is also important to buy items that you and your family could enjoy if you end up with lots of leftovers.

By going green this Halloween, you can not only help them environment but also save yourself some green in the process.

Source: Ashley Osborne, Extension Associate for Environmental and Natural Resource Issues



Club Lesson: Creative Arts for Mental Health
Roll Call: What is your favorite Halloween candy?
Thought for the Month: "I remember it as October days are always remembered, cloudless, maple-flavored, the air gold and so clean it quivers". ~Leif Enger, Peace Like a River

October 2021							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		KEHA Week				1	2
		October 10 – 16, 2021					
3	4 6:00pm Town & Country	5	6	7	8	9	
					DOWNTOWN DAYS In Columbia		
10	11 12:00 noon Leader Training: "Know Your Money Style" 6:00pm Circle of Friends	12 5:30pm Sano Stars 6:00pm Happy	13 11:30am Daylight 11:30am Green River	14	15	16	
				ADAIR COUNTY HOMEMAKERS MEMBERSHIP DRIVE "Adventure Awaits"			
17	18	19	20	21 11:00am Bliss Club	22	23	
24	25	26 5:30 pm Homemakers Council Meeting	27	28	29	30	
31 HALLOWEEN							

OCTOBER is Breast Cancer Awareness Month.

Adair County Extension Homemakers will feature Breast Cancer Awareness at the Membership Drive-Thru event October 14-15. Be sure to visit the special display.

Anyone who attends the Drive-Thru event and visits the Breast Cancer Awareness display on those dates will be eligible to sign up for a special "personal" gift basket.

If you have anything you'd like to contribute for the display, contact the Extension Office at 270-384-2317.



Get a Mammogram!

My story ...

- I went for a mammogram;
- Spots were found;
- A re-test mammogram was done;
- Biopsy revealed cancer;
- May 2021 ... surgery to remove cysts;
- Took radiation treatments;
- Now taking chemo medication (for about 5 years)

"If it weren't for a Mammogram, I would have never known.

It is so important to have a Mammogram!"

~ Shannon Steveson
an Adair County
Extension Homemaker

UK's Ovarian Cancer Screening Program

As part of National Ovarian Cancer Awareness Month, UK HealthCare officials were recently joined by Nancy Cox, vice president for land-grant engagement and CAFE dean, and others to highlight the long-running work of the University of Kentucky Markey Cancer Center's Ovarian Cancer Screening Program.

The program is an ongoing, 34-year research study showing that annual screening continues to detect ovarian cancer at an earlier stage than is possible with a clinical examination. Initial funding for the program came from the Telford Foundation and the Kentucky Extension Homemakers Association. KEHA members support the program by challenging each county to donate at least \$1 per member annually. Their fundraising efforts have raised more than \$1.5 million, but their work goes well beyond fundraising. They routinely participate in the screening program, organize trips to screening sites from around the state, promote ovarian cancer awareness and host educational events.

The screening program is open to women age 50 or older, or women over the age of 25 who have a family history of ovarian cancer. Screening is free. For more information, call 859-323-4687 or 800-766-8279.

Way to go Adair County
Extension Homemakers!!!
\$1.00 of each of your dues
paid goes toward this
worthy cause!!!

Nick Roy 
County Extension Agent
for Agriculture
& Natural Resources

Tony Rose 
County Extension Agent
for 4-H Youth Development



WREATH MAKING Using Natural Greenery

November 29th

10:00am session

OR

5:30pm session

Choose only one.

You must pre-register!

If you have extra holiday ribbon or small ornaments/embellishments ideal for wreaths, please donate to the Extension Office for this workshop.

Extension Homemakers ...

You have been invited to set up a booth on any Saturday at the Farmer's Market on the Square in Columbia during the month of October. The Market is open on Saturdays from 8:00am-1:00pm.



Donna Jones has extended this invitation to Extension Homemakers, allowing you the opportunity to sell your hand-made crafts. No homemade food items can be sold at your booth.

There is no cost for booth space – but you MUST call Donna Jones ahead of time at 270-634-2125.

Membership Dues

Membership renewal is due by November 1.

Club Members: Turn in dues to Club Treasurer.

Mailbox Members: Come by the Extension Office at 409 Fairground Street OR you can mail your dues to: Adair County Extension Homemakers
P.O. Box 309
Columbia KY 42728



Dues are \$10.00 per year.

(Anyone who pays their dues by the October 14-15

Drive-Thru Event

will be included in prize drawings as part of the Membership Drive.

SWEET and SALTY TRAIL MIX

4 servings

- 1 cup cereal with dried fruit
- 1 cup Chex cereal
- 1 cup Cheerios cereal
- ¼ cup raisins
- ¼ cup peanuts
- ¼ cup shredded coconut



Mix cereals together in a large bowl.
Add raisins, peanuts, coconut; mix well.
Eat it dry or with milk.

Nutrition Information:

Serving Size: ¼ cup
 Calories: 210
 Total Fat: 8g
 Saturated Fat: 2.5g
 Protein: 5g
 Sodium: 150mg
 Carbohydrates: 32g
 Fiber: 2g



Diane Campbell (left) and **Pat Wheat Coomer** (right) display their creative autumn themed hand towel they made at the Leader Training Meeting held on September 21st. This was a fun class!



Extension Homemakers enjoyed the Succulents class held in August.

Participants learned how to grow succulents from local expert Lena Miller!

Pictured left to right are: County Homemakers President, Sharon Harris; Karen Travis-Eaddy, Judith Goodin, and Betty Knifley.



Note from County President, Sharon Harris ...

Dear Extension Homemakers,

I'm excited about our upcoming Homemakers year! Even though last year was met with many challenges, the creativity and innovation of our members allowed us to continue to serve our community and sustain a viable organization. Here are some of our accomplishments from last year. *Sometimes we forget we are awesome. This is our reminder!*

- Organized a drive-through Membership drive which helped us reach our total of 113 members
- Annual Schermer pecan fundraiser.
- Succulents class
- Distribution of Spring goody bags
- Field Trip to the Glass Parlor and Flower Farm
- Donated snacks to the Health Department to show appreciation for all their hard work
- Provided Little Debbie cakes for ACHS Project Graduation
- Provided drinks and snacks for Adair County Band practices
- Awarded the Sue Stivers Educational Scholarship to Payton Coomer
- Clubs continued to have meetings in accordance with COVID pandemic guidelines

As we start our new Homemakers year and continue to navigate through uncertainty, plans are underway for another successful and fun filled year! Be watching for information on classes and activities to come!

Please do not hesitate to reach out to me if you have any questions or ideas!

May you be proud of the work you do, the person you are, and the difference you make. Thank you for all you do!

Sharon Harris

President, Adair County Extension Homemakers

Extension Homemakers Membership Drive-Thru

Adventure Awaits



October 14-15

9:00am – 4:00pm each day

Adair County

Extension Office

409 Fairground Street in Columbia

**Drive by the Adair County Extension Office on
Thursday-October 14 or Friday-October 15
between the hours of 9:00am – 4:00pm and renew your
Membership to Adair County Extension Homemakers.**

**Anyone who pays their dues before or at this two-day event
will be in a drawing for prizes and you'll receive a goody bag.**

(Prizes include: two \$25 gift cards and two large-size Fall mums)

*Plus—the first 50 attending will receive a miniature pumpkin obtained from
Ballou Pumpkins.*

**Club members or Mailbox Members—make plans to drive by.
Goody Bags and Popcorn will be waiting for you!**

