



Cooperative
Extension Service

Gallatin County Family & Consumer Sciences

Gallatin County
395 US Highway 42 West
PO Box 805
Warsaw, KY 41095-0805
(859) 567-5481
Gallatin.ca.uky.edu

EXTENSION HOMEMAKER NEWSLETTER

AUGUST 2025

REFLECTIONS FROM RONDA



Hello All,

I hope everyone is having a good summer and trying to stay cool. We are having a busy summer here at the Extension Office.

First and foremost, with very mixed emotions, we said farewell and Happy Retirement to Cindy Sullivan at the end of June. Yes, she retired last Spring; however, she had the wonderful opportunity to come back to the office and work a couple of days a

week for the past year. I just want to say how very blessed I have been by having an awesome co-worker like Cindy. We worked together for a total of 5 years in Extension and each day with her was an adventure. Due to some difficult times in each of our lives, we formed an amazing bond. I am sure many of you have a bond with Cindy as well. Cindy is the type of person who becomes and remains a good friend. Even though she retired, Cindy will always remain a part of our office, our staff and a special part of our lives.

Happy Official Retirement our dear friend!

A couple of things to remember:

- County Cultural Arts (see flyer enclosed)
- County Annual Meeting (see flyer enclosed)
- And remember to register for the Crafting Calm classes.

We have some special people from our community and area helping us teach the classes. We will learn a lot, relax, and have fun.

Until next month, be healthy and be safe!

Ronda Rex

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

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.



CINNATI FISHER HOUSE

PLEASE HELP OUR VETERANS

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

JANUARY

FEBRUARY

MARCH

APRIL

MAY

SOUP & CANNED ITEMS

GALLON & QUART STORAGE BAGS

GRAB & GO MEALS

LYSOL WIPES

WATER

HAND SANITIZER

PAPER TOWELS

ROOM AIR FRESHNERS

PAPER PLATES

FABRIC SOFTNER SHEETS

CROSSWORD/SUDOKU BOOKS

WATER

WE ALSO TAKE ANY OTHER ITEMS ON THEIR WISH LIST AT ANY TIME.

DONATIONS CAN BE DROPPED OFF AT THE
GALLATIN COUNTY EXTENSION OFFICE

(859) 567-5481

395 US HWY 42 W, WARSAW, KY

9:00AM-4:00PM MONDAY THROUGH FRIDAY

YOU CAN ALSO CONTACT MARIE ALLISON AT mallison600@gmail.com

Gallatin County Homemaker Officers and Chairs

Louise Hiles

Conte Flowers

Laura Birkenhaur

Ange Morris

Sandy Stockdill

Tina Wehrle

Shirley Chipman

Charlene Giles

Doris Knepper

Mary Jane Day

Bonnie Bond

Doris Sullivan

Marie Allison

President

Vice President

Secretary

Treasurer

Cultural Arts

Environmental

Food & Nutrition

4-H

Family Life

Leadership Development

International

Management & Safety

Past President

Gallatin County Homemaker Council Dates

11:30am

October 13, 2025

January 12, 2026

April 13, 2026

July 13, 2026

October 12, 2026

All Council meetings will be held at
the Gallatin County Extension
Office

Gallatin County Homemakers



Hats off to Homemakers

ANNUAL MEETING

September 16, 2025

6:00 PM

Enter Cultural Arts

Monday, September 15th

9:00 AM-12:00 PM

CLOSED Judging at 1:00 PM

**Dinner will be provided by Deaton's Market.
Reservations are due no later than September 9th.**

Call (859) 567-5481 to reserve your spot!

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NEW HOMEMAKER CLUB



Weekend Crafters

*Bring your
own crafts and
let's
get crafty and
have some fun
together!*

JOIN GALLATIN COUNTY HOMEMAKERS

dues are only \$10 for the year

Call the Gallatin County Extension Office at (859) 567-5481 to become a member!

This special interest club is an opportunity to simply do something for yourself once a month by starting or finishing a

- *craft or project
- *book
- *sewing piece
- *etc

all while being with others who love to craft!

**3rd Saturday of every month
starting September 20, 2025
9am-4pm**

Location: Gallatin County Extension Office

Call to register at (859) 567-5481

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KNOW YOUR

CELL PHONE & APPS

**NKY Area Homemaker
Management &
Safety**

**Come join us for this
informative class
about how to use
your cell phone to
your advantage. The
class will also focus
on how to use some
necessary apps and
recognize fraudulent
calls and texts.**

**CALL THE GALLATIN COUNTY
EXTENSION OFFICE TO
REGISTER**

(859)567-5481

**September 25,
2025
1:00 PM**

**NEW
Boone County Extension
7111 Dixie Hwy
Florence, KY 41042**

**Guest Speaker:
Rick Sellnow, Digital
/Technology
Literacy Extension
Agent**





**Cooperative
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Gallatin County
395 US Highway 42 West
PO Box 805
Warsaw, KY 41095
(859) 567-5481
Gallatin.ca.uky.edu

SAVE THE DATE

Ice Cream Social



**MONDAY
AUGUST 18, 2025
7:00 PM
GALLATIN COUNTY
EXTENSION OFFICE
395 US 42 W
WARSAW, KY**

Just as the topping on an ice cream sundae makes something good even better, Extension Homemakers give the extra that makes our community extra special!

Join us as we kick off another Extension Homemaker year with an Ice Cream Social! Stop by Extension Office with your family to meet and mingle with other Extension Homemakers and enjoy homemade ice cream. While you are here you can pay your yearly homemaker dues.

Dues for the 2025-2026 year are only \$10.00.

Our goal is to increase our Homemaker membership. Invite a daughter, a neighbor, or a friend to join Homemakers and bring them with you to the Ice Cream Social!

Call us at (859) 567-5481 if you have questions about the Ice Cream Social, or how to join Gallatin County Extension Homemakers.



The Gallatin County Homemakers will be accepting donations for the Fisher House which is a project we support for Veterans. Homemakers will be accepting donations of Grab-n-Go meals, water and disinfectant wipes for August, September and October.

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Lexington, KY 40506





SAVE THE DATE



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GALLATIN COUNTY 4-H

****COMPLETE
YOUR
ENROLLMENT
FORM AND BE
ENTERED INTO A
DRAWING FOR A
PRIZE! ****

**GET THE
SCOOP
ON 4-H**

**FREE
GIVEAWAYS**

**MONDAY
AUGUST 18,
2025
7PM**



**LEARN ABOUT
4-H CLUBS AND
ACTIVITIES**

**MEET CLUB
LEADERS**

ASK QUESTIONS

CALL THE EXTENSION OFFICE FOR MORE DETAILS AT (859) 567-5481

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Lexington, KY 40506



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FIGURING OUT



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FACEBOOK

AUGUST 29, 2025

1:30 PM–3:00 PM

**GALLATIN COUNTY EXTENSION OFFICE
395 US HWY 42, WARSAW, KY 41095**

**Please join us an overview of how to make
sure your Facebook works best for you,
rather than for Facebook. We'll discuss
best practices for using Facebook
Marketplace, how to decrease unwanted
ads from showing up in your feed, and
some basics about Facebook's Meta AI.**

Speaker: Rick Sellnow

***Call to register at
(859) 567-5481***

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ESTATE PLANNING



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September 30, 2025
1:30 PM– 3:00 PM

Gallatin County Extension Office
395 US HWY 42 W, Warsaw, KY 41095

Speaker: Attorney Michael Keeney

Topics to be discussed:

Wills & Probate

Trusts

Federal & State Estate Tax

How to settle an Estate

Health Care Directives

Call to register

(859) 567-5481

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Crafting Calm: Mindfulness in Handmade Creations



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Relax, Create, Find Your Inner Peace Through Crafting

COME JOIN US AS WE MEET MONTHLY TO FOCUS ON
ADOPTING A FAVORITE CRAFT OR HOBBY TO CREATE
MORE BALANCED MENTAL HEALTH FOR OVERALL
WELLNESS

Dates:

October 9, 2025	Ceramics
October 24, 2025	Basket Making*
November 7, 2025	Decorating on a Dollar
December 12, 2025	Baking Fun
January 8, 2026	Birdhouses
February 13, 2026	Paper Flowers
March 20, 2026	Fantastic Felting

Location:

Gallatin County Extension Office
395 US Hwy 42 W, Warsaw, KY

Each class 1:30-3:30 p.m.

Basket making will end at 4:30 p.m.

Ages 9+ (any child MUST have an adult present)

Registration is required by calling
(859) 567-5481

Space is limited



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Gallatin County Homemakers August 2025 MONTHLY CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 
3 	4	5	6	7	8	9 
10	11	12 Fun Time Quilters 9:00am-4:00pm Extension Office Napoleon Homemakers 6:00pm Zalla Lodge	13	14	15	16
17	18  Ice Cream Social 7:00pm Extension Office	19	20	21 	22 KY EXPO CENTER	23
24 	25	26	27	28	29  Figuring out Facebook 1:30-3:30pm Extension Office	30
31	<p>OTHER UPCOMING EVENTS</p> <p>*SEE FLYERS FOR MORE DETAILS*</p> <p>-CULTURAL ARTS- SEPTEMBER 15, 9AM-12:00PM</p> <p>-COUNTY ANNUAL MEETING- SEPTEMBER 16, 6:00PM</p> <p>-AREA CELL PHONES & APPS CLASS- SEPTEMBER 25, 1:00PM</p> <p>-ESTATE PLANNING- SEPTEMBER 30, 1:30-3:30PM</p>					

Mark your calendar



Cucumber, Corn, & Bean Salsa

Ingredients:

- 2-3 large cucumbers
- 2 tomatoes
- 1 yellow bell pepper
- 1 small red onion
- 1/4 cup chopped fresh cilantro
- 1/2 cup black beans
- 1/2 cup fresh whole kernel corn, cooked
- 1 ounce package dry ranch dressing mix
- 1/8 cup cider vinegar
- 2 tablespoons sugar, optional

Directions:

1. Wash all vegetables. Finely chop cucumbers, tomatoes, pepper, and onion. Combine in a large mixing bowl with chopped cilantro.
2. Drain and rinse beans and add to chopped vegetables. Add corn. If using canned corn instead of fresh, drain off liquid prior to adding to vegetables.
3. In a small bowl, mix together ranch dressing packet, vinegar, and sugar. Pour dressing over vegetables and mix well.
4. Serve immediately or refrigerate until chilled.

Nutrition Facts Per Serving: 50 calories; 0g fat; 130mg sodium; 7g carbohydrates; 2g fiber; 70% Daily Value of vitamin C; 6% Daily Value of vitamin A.

planeatmove.com

