

ENSION HOMEMAKER NEWSLETTER

AUGUST 2025

Gallatin.ca.uky.edu

FLECTIONS 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!

Konsla Kex County Extension Agent for Family & Consumer Sciences



Cooperative **Extension Service**

Agriculture and Natural Resources ily and Consumer Sciences 4-H Youth Development Community and Economic D

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

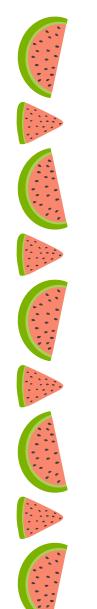
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, a sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of 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, Cooperations of the control of the con













PLEASE HELP OUR VETERANS

JUNE SOUP & CANNED ITEMS

JULY GALLON & QUART STORAGE BAGS

AUGUST GRAB & GO MEALS

SEPTEMBER LYSOL WIPES

OCTOBER WATER

NOVEMBER HAND SANITIZER

DECEMBER PAPER TOWELS

JANUARY ROOM AIR FRESHNERS

FEBRUARY PAPER PLATES

Management & Safety

Past President

MARCH FABRIC SOFTNER SHEETS

APRIL CROSSWORD/SUDOKU BOOKS

MAY WATER

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



Doris Sullivan

Marie Allison

DONATIONS CAN BE DROPPED OFF AT THE GALLATIN COUNTY EXTENSION OFFICE (859) 567-5481 395 US HWY 42 W, WARSAW, KY

395 US HWY 42 W, WARSAW, KY 9:00AM-4:00PM MONDAY THROUGH FRIDAY

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





Louise Hiles President Conte Flowers Vice President Laura Birkenhaur **Secretary Ange Morris Treasurer** Sandy Stockdill **Cultural Arts** Tina Wehrle **Environmental Shirley Chipman Food & Nutrition Charlene Giles** 4-H **Doris Knepper Family Life Mary Jane Day Leadership Development Bonnie Bond International**

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!

Cooperative Extension Service MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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

Estitucional programa or acturucty. Opio-pratret actorisation neave au people regatures or ectorismic or social status and will not olseriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, accual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or perpisal or retaliation for prior cut'l rights activity, seasonable 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





/ HOMEMAKER

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

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

Cooperative **Extension Service**

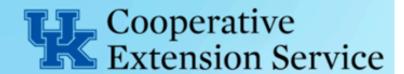
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT





Agriculture and Natural Resources





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 Extension Service

Agriculture and Natural Resources
Pamily and Consumer Sciences
4-H South Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Entractly Compossible Extraction serve of people regardless of economic or social states and will not discriminate or the basis of more, color, educition of such carried origin, resond, religion, policial belief, and, sensal orientation, granter information, against submarined and electrical product or expression, programs; method attents, genetic information, aga; vertex attents, physical or measured disability or repoil and resultations for prior cell rights activity, Euconomic successoristics of disability and pieces of the submarine of the submarined or the submarined and the submarined and the submarined original submarined and submarined and submarined original submarined and submarined and the s











Cooperative Extension Service

Gallatin County 395 US Highway 42 West PO Box 805 Warsaw, KY 41095

(859) 567-5481 Gallatin.ca.uky.edu

Ice Cream Colon

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.

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development

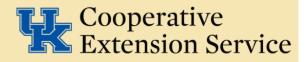
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Ocean serve all people regardises ored, crollomic or social status and will not discriminate on the sales of race, color, ethnic origin, national origin, croller, edigion, political belief, essexual orientation, gender identify, gender expression, pregnancy, marital status, genecic information, age, veteran status, physical or mental disability or reprisad or retalization 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 Counties, Cooperating, University of Kentucky Counties, Cooperating.





SAVE THE DATE



GALLATIN COUNTY 4-H

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

SCAAP

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

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

FIGURING OUT



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 Al.

Speaker: Rick Sellnow

Call to register at (859) 567-5481

Cooperative Extension Service MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Agriculture and Natural Resources Pantily and Consumer Sciences 4-H Youth Development and will not discriminate on the hash of rear, color, ethnic origin, national origin, cread, religion, publical belief, see, second orientation, greader identity, grader requested, requirement, tended atoms, genetic informacion, ago veteran satura, physical or nominal club-fility or reprind or restitations for prior critir rights another, houseable accommodation of dashfort say be available with plots arother. Programs information may be made available in languages other than English Chalentity of Econology, Econology than University of Econology, State Chiversity, U.S. Experiment of Agriculture, and Exemptly Coronton, Compensing.





ESTATE Cooperative Extension Service PLANNING



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

Cooperative Extension Service

Agriculture and Natural Resources Pamily and Consumer Sciences 4-H Youth Development Community and Economic Developmen

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

noncommon progressio of noncody. Opposition of noncoding notice in a continuous or section and of the and described and of the section of the basis of noncodo, color, otheric origin, national origin, creed, religion, publicial belief, sectional origin, the internation, grader information, grader information, ago, vertices natural, physical or numerical describing original original natural, granetic information, ago, vertices natural, physical or numerical describing original natural natural, physical original describing the prograder or relations for prior original natural, passessables not find physical original described in the control of the control original natural natural





Cooperative Extension Service **Crafting Calm:** Mindfulness in Handmade Creations

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 October 24, 2025 November 7, 2025 December 12, 2025 **January 8, 2026 February 13, 2026** March 20, 2026

Ceramics Basket Making* **Decorating on a Dollar Baking Fun Birdhouses Paper Flowers 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

Cooperative Extension Service

IN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT





GALLATIN COUNTY HOMEMAKERS



Cooperative
University of Kentucky
Gallatin County
395 US Highway 42 West
PO Box 805
Warsaw, KY 41095-0805

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.



PLAN. EAT. MOVE.

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.