

# Homemakers F&CS



**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky.

**Gallatin County**  
395 US Hwy 42 West  
PO Box 805  
Warsaw, KY 41095  
(859) 567-5481  
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FAMILY & CONSUMER SCIENCES - EXTENSION HOMEMAKER NEWSLETTER

AUGUST 2024

## Thoughts from Ronda...

Hello All,

Wow, the Summer is flying by us. I hope everyone enjoyed time with their families and their vacations. I took some time off around the July Holiday and was able to complete some projects at home and spend time with my husband and my fur babies.

We have a lot of things coming up and I will list them below:

- The Kentucky State Fair will be August 15-25 at Louisville, Kentucky
- Our Ice Cream Social/Homemaker Kickoff is August 19th at 7:00 p.m. here at the Extension Office West Wing Building
- Our Cultural Arts Event is September 16th from 9:00 a.m.—12:00 p.m. here at the Extension Office Main Building
- Our Homemaker County Annual Meeting is September 17th at 6:00 p.m. here at our Extension Office West Wing.
- Our next Homemaker Council Meeting is October 14th at 11:30 a.m. here at the Extension Office Main Building
- There will be a Crafting Calm Program taught every Friday afternoon starting September 26th—October 24th at 1:00 p.m. each class here at the Office Main Building
- And last but certainly not least....Gallatin County Homemaker Dues are due November 15th to the Extension Office.

Until next month, take care and be safe!

Co. Extension Agent for Family & Consumer Sciences

## Important Dates To Remember!

**The Embroidery club will not meet in August!**

**August 13—Fun Time Quilters—9 am—4 pm—will meet at the Extension Office.**

**August 13—First Day of School**

**August 13—Back to Basics Homemakers—6:00 pm—will meet at the Extension Office.**

**August 13—Napoleon Homemakers—6:30 pm—will meet at Zalla Lodge.**

**August 15-25—Kentucky State Fair**

**August 19—Homemaker Ice Cream Social—7:00 pm**



### Cooperative Extension Service

Agriculture and Natural Resources  
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Disabilities  
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with prior notification.



The Back To Basics club visited Carlisle, Kentucky and a good time was had by all who attended. They visited Daniel Boone's Cabin.



Several of the Cross County Club members enjoyed lunch out at the Blind Squirrel.

Please remember to have your Homemaker Membership Dues to the Extension Office by November 15th. Dues are \$10.00 for the year. Please help us by reminding others to get their dues in as well. Or, be bold, and invite others to join us in being a part of a wonderful organization that does so many things for our community.



## Cooking Through the Calendar

### August— Peanut Butter Oatmeal Bites

#### Ingredients:

- 1 cup creamy peanut butter
- 2/3 cup unsweetened applesauce or 2 large ripe Bananas (or half of each)
- 1/3 cup brown sugar
- 2 tsp. vanilla
- 2 tsp. cinnamon
- 3/4 cup dried fruit—(cranberries, raisins, apples, dates, etc. or mixture)
- 1/2 cup chopped nuts, pepitas (pumpkin seeds), Or sunflower seeds (or a mixture)

#### Directions:

1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
2. Preheat the oven to 350 degrees F.
3. Line two large baking sheets with parchment paper and set aside.
4. In a large bowl, mix the peanut butter, applesauce or bananas, brown sugar, vanilla and cinnamon until smooth. Add the oats, dried fruit and nuts, stirring until combined.
5. Drop the dough into equal sizes onto the baking sheets about 2 Tbsp. per cookie. Flatten the top with the back of a spoon.
6. Bake 12 to 16 minutes or until the edges are slightly brown and the dough is set, but soft.
7. Remove from the oven and cool on the baking sheet for 10 minutes. Transfer to a cooling rack to finish cooling.
8. Store in an airtight container. Use within four days or freeze.

Makes 30 servings—Serving Size: 1 bite

Cost per recipe: \$4.44

Cost per serving: \$0.15

**Nutrition facts per serving:** 110calories; 6g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 40mg sodium; 13g total carbohydrate; 2g dietary fiber; 7g total sugars; 2g added sugars; 3g protein; 0% Daily Value of vitamin D; 0% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.

**Source:** Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service



## 2024-2025 CULTURAL ARTS EXHIBIT CATEGORIES

### Categories and Subcategories

1. **SEWING (Apparel & Home Décor)**
  - A. Basic Garment APPAREL
  - B. Specialty Garment APPAREL^
  - C. Accessory APPAREL
  - D. Basic HOME DECOR
  - E. Specialty HOME DÉCOR^
2. **ART, 3-DIMENSIONAL**
  - A. Carving
  - B. Sculpture
3. **ART, NATURAL**
  - A. Wood
  - B. Other
4. **ART, RECYCLED (Include a before picture)**
  - A. Clothing
  - B. Household
  - C. Other
5. **BASKETRY**
  - A. Cane
  - B. Dyed Material
  - C. Miniature (under 4 inch)
  - D. Novelty
  - E. Plain
6. **BEADING**
  - A. Beading Weaving
  - B. Non-Jewelry Item/Wearable
  - C. Miscellaneous
7. **CERAMICS**
  - A. Hand-formed
  - B. Molded
  - C. Pre-made
8. **COUNTED CROSS STITCH**
  - A. 14 Count & Under
  - B. 16-22 Count
  - C. Specialty Cloth (linens, etc.)
9. **CROCHET**
  - A. Accessories
  - B. Fashion
  - C. Home Décor & Afghans
  - D. Thread
10. **DOLL/TOY MAKING**
  - A. Cloth
  - B. Handmade toy other than Porcelain/China or Cloth
  - C. Porcelain/China
11. **DRAWING**
  - A. Pastels
  - B. Pen & Ink
  - C. Pen & Ink with Oil Roughing
  - D. Pencil or Charcoal-Black
  - E. Pencil-Color
12. **EMBROIDERY**
  - A. Basic
  - B. Candle Wicking
  - C. Crewel
  - D. Machine
  - E. Ribbon
  - F. Smocking
  - G. Swedish
  - H. Tatting/Lace Making
  - I. Chicken Scratch
  - J. Punch Needle (under 60" perimeter)
  - K. Miscellaneous
13. **FELTING\***
  - A. Needle Method
  - B. Wet Method
14. **HOLIDAY DECORATIONS**
  - A. Autumn
  - B. Spring
  - C. Summer
  - D. Winter
15. **JEWELRY**
  - A. Beaded
  - B. Mixed Media (wire, chain maille, mixed with beads)
  - C. Original Design
16. **KNITTING (HAND- WITH KNITTING NEEDLES)**
  - A. Accessories
  - B. Fashion
  - C. Home Décor and Afghans
17. **KNITTING (OTHER-MACHINE/LOOM)**
18. **NEEDLEPOINT**
  - A. Cloth Canvas
  - B. Plastic
19. **PAINTING, ART**
  - A. Acrylic
  - B. Oil
  - C. Watercolor
20. **PAINTING, DECORATIVE**
  - A. Metal
  - B. Wood
  - C. Other
21. **PHOTOGRAPHY (MOUNTED OR FRAMED)\*\***
  - A. Black & White
  - B. Color
22. **QUILTS \*\*\***
  - A. Baby-size or Lap-size (hand quilted)
  - B. Baby-size or Lap-size (machine quilted)
  - C. Hand Applique (hand quilted)
  - D. Hand Pieced (hand quilted)
  - E. Machine Applique (machine quilted)
  - F. Machine Pieced (hand quilted)
  - G. Machine Pieced (machine quilted)
  - H. Novelty (stenciled, embroidered, miniature, etc.) {hand quilted}
  - I. Novelty (stenciled, embroidered, miniature, etc.) {machine quilted}
  - J. Technology Based (hand or machine quilted)
  - K. Miscellaneous (hand or machine quilted)
23. **PAPER CRAFTING**
  - A. Card Making
  - B. Origami
  - C. Quilling
  - D. Scrapbooking \*\*\*\*
24. **RUG MAKING**
  - A. Braided
  - B. Hooked
  - C. Punch Needle (over 60" perimeter)
  - D. Woven
25. **WALL OR DOOR HANGING**
  - A. Fabric
  - B. Other
  - C. Diamond Art Mosaic
26. **WEAVING**
  - A. Hand (macrame, caning)
  - B. Loom (includes pin weaving)
27. **MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified)**

\* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

\*\* Photographs should be either mounted and/or in a frame-  
MATTING and/or GLASS is OPTIONAL

\*\*\* Quilts must be completely done by the KEHA member exhibitor.  
This includes quilting.

\*\*\*\* Scrapbooking entries are limited to 1 or 2 pages. If the entire  
scrapbook is sent, please designate pages to be judged.

^ May include appliqued & quilted.

Sponsored by the Gallatin County Homemakers

# Save the Date!



Cooperative Extension Service  
Gallatin County

395 US Highway 42 West, PO Box 805  
Warsaw, KY 41095-0805  
(859) 567-5481 Fax: (859) 567-5432  
Gallatin.ca.uky.edu

## Monday

## August 19, 2024

7:00 p.m.

at the

Gallatin Co. Extension Office

395 US 42 West

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 2024-2025 year are only **\$10.00**.

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

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

### Homemade



### Ice Cream



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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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# TREASURE HUNTERS

## \$1 TREASURE HUNT

### December 7, 2024

### 9:00 am – 1:00 pm

At the Gallatin County Extension Office  
395 US Highway 42 West, Warsaw, KY

*Sponsored by:*

**The Gallatin County Homemakers**

**Admission: \$5.00 – Buys 5 items**  
**Each additional item - \$1.00**

**All proceeds go to the Mayme Walters Homemaker  
Scholarship Fund**

#### **GENTLY USED**

Anything & Everything:  
Home Décor, Household Items, Craft  
Items, Toys, Sports Items, Books, Tools,  
Small Appliances, etc.

**NO CLOTHING, PILLOWS, BEDDING  
OR FOOD ACCEPTED! ALL SALES FINAL**

**(All donations are provided by the Gallatin County Homemakers)**



Just in time  
for Holiday  
Regifting!

Great  
Opportunity for  
kids to buy gifts  
for parents!

# Homemakers Measure Up!

**Annual Meeting**  
**September 17, 2024—6:00 pm**

**Renee Hackett**  
Annual Meeting Speaker  
“Irish Dance Presentation”



Dinner will be provided. Menu: Fried Chicken, Meat Loaf, Mashed Potatoes, Green Beans, Rolls, Sweet & Unsweet Tea, Lemonade and Coffee and cake. Reservations are due no later than September 10th.

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

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Disabilities accommodated with prior notification.



2024-2025 Enrollment Form for  
Gallatin Co. Extension Homemaker Association

Homemaker Dues Total - \$10.00

Make Check Payable to: Gallatin Co. Extension Homemakers  
PO Box 805, Warsaw, KY 41095-0805

Date \_\_\_\_\_  
First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
Mailing Address \_\_\_\_\_  
E-Mail \_\_\_\_\_

Please check One: \_\_\_\_\_ New Membership \_\_\_\_\_ Membership Renewal \_\_\_\_\_  
Race (Circle One) \_\_\_\_\_ Asian \_\_\_\_\_ Black \_\_\_\_\_ White \_\_\_\_\_ Native American \_\_\_\_\_ Other \_\_\_\_\_  
Gender \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_  
Age Group: \_\_\_\_\_ 20-24 \_\_\_\_\_ 25-34 \_\_\_\_\_ 35-44 \_\_\_\_\_ 45-64 \_\_\_\_\_ 65 & Over \_\_\_\_\_

Club Name (If a member of one of the clubs) \_\_\_\_\_

Phone Numbers: Home: ( ) \_\_\_\_\_  
Work: ( ) \_\_\_\_\_  
Cell: ( ) \_\_\_\_\_

I, (Print full name) \_\_\_\_\_ hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_