

Homemakers F&CS

FAMILY & CONSUMER SCIENCES - EXTENSION HOMEMAKER NEWSLETTER

JULY 2025

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
Fax: (859) 567-5432



Reflections from Ronda



Hello everyone!

I want to start off by
Thanking ALL the volunteers who came
out to the Gallatin County Fair Open
Class Exhibits to help with entering in
the exhibits. We had a beautiful display
of entries this year. All I can say is....
there are some talented people involved in
our Extension programs.

Congratulations to all ribbon winners! You can view those winners on our Extension website and in the Gallatin County Newspaper.

We are making plans for upcoming events and classes. The following events and classes are as follows:

*The Gallatin County Homemaker Council Meeting is July 14th at 11:30 a.m. with the Scholarship Committee meeting at 10:00 a.m. Lunch will be provided.

*The Area Homemaker Council Meeting—Gallatin County has been asked to host on July 23rd. The time will be announced at a later time.

*The Gallatin County Homemaker Ice Cream Social will be held on August 18th at 7:00 p.m. in our West Wing. This year, 4-H will be in the main office meeting room with their kick-off, Get the Scoop on 4-H. They will have fun activities for families. Invite a friend to attend with you to help us kick off another fantastic year with Gallatin County Extension.

*Rick Sellnow, N KY Area Digital Literacy Agent, will be at the Gallatin County Extension Office to teach a Facebook Class on August 29th from 1:30—3:00 p.m. (Flyer included in this Newsletter).

Rick Sellnow will also be offering another Cell Phone and APPS Class (same class he taught here in Gallatin County) for the Area Homemakers (Flyer is included in this Newsletter).

Crafting Calm: Mindfulness in Handmade Creations will consist of monthly classes focusing on different topics with different speakers. Classes will begin in October 2025 and run through March 2026. (Flyer is included in this Newsletter).

Estate Planning will be held on September 30, 2025, at 1:30 p.m. with Attorney Michael Keeney. (Flyer is included in this Newsletter).

Ronda Rex

County Extension Agent for Family & Consumer Sciences

Important Dates To Remember!

**July 4—Independence Day—The
Extension Office will be closed**



**July 8—Fun Time Quilters—
9:00am- 4:00pm—will meet at the Extension
Office**

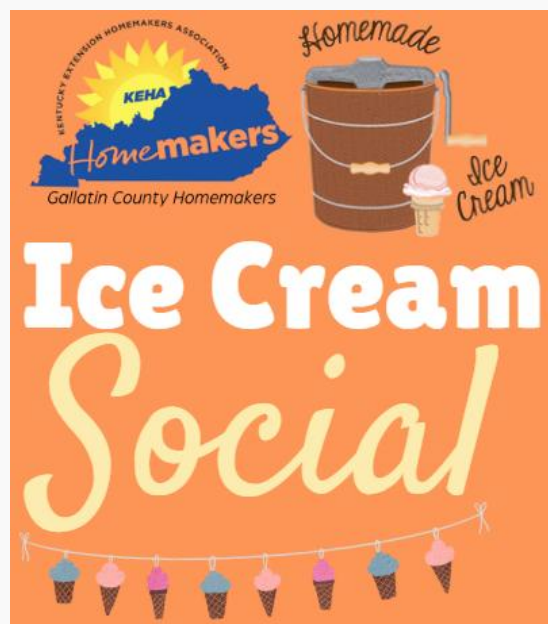
**July 8—Back to Basics Homemakers—
6:00pm—will meet at the Extension Office**

**July 8—Napoleon Homemakers—6:00pm—
will meet at Zalla Lodge**

**July—Cross County Homemakers—will not
meet in July**

Looking Ahead...

Ice Cream Social— August 18th at 7:00pm
See enclosed flyer for more details.



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.

2025 Homemaker Council Dates

July 14, 2025 at 11:30 a.m.

October 13, 2025 at 11:30 a.m.

All meetings will be held at the Gallatin
County Extension Office

County Homemaker Officers and Chairs

Louise Hiles	President
Conte Flowers	Vice President/President Elect
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
Doris Sullivan	Management & Safety
Marie Allison	Past President

Area Homemaker Council Date

July 23, 2025 (Time TBA)
Gallatin County Extension Office

Homemaker T-Shirts

(\$8.00)

We will be placing another Gallatin County
Homemaker t-shirt order. Orders and Payment
are due by

July 25, 2025!



Cooking Through the Calendar

July—Chicken Burgers

Ingredients:

1 lb. 98% fat-free ground chicken breast
1/4 cup barbecue sauce
1/2 cup green onions, finely chopped
1/4 cup celery, diced
1 tsp. garlic powder (or 1 clove garlic, minced)
1/4 tsp. salt
Nonstock cooking spray
4 whole-wheat hamburger buns
2 cups romaine lettuce, torn or shredded
1 large tomato, cut into 8 slices

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a medium bowl, combine chicken, barbecue sauce, celery green onion, garlic powder and salt.
3. Using wet hands (to prevent mixture from sticking), form chicken mixture into 4 1/2-inch patties. Wash hands with warm water and soap after handling raw poultry.
4. Preheat a large skillet over low to medium heat and spray with nonstick cooking spray.
5. Place burgers in preheated skillet. Cook until burgers reach an internal temperature of 165 degrees F as measured on a meat thermometer, about 5 minutes per side.
6. To serve, place each burger on a bun. Top each with 1/2 cup shredded lettuce, 2 tomato slices and optional 1/2 tablespoon cheese.
7. Refrigerate leftovers within 2 hours.

Makes 4 servings

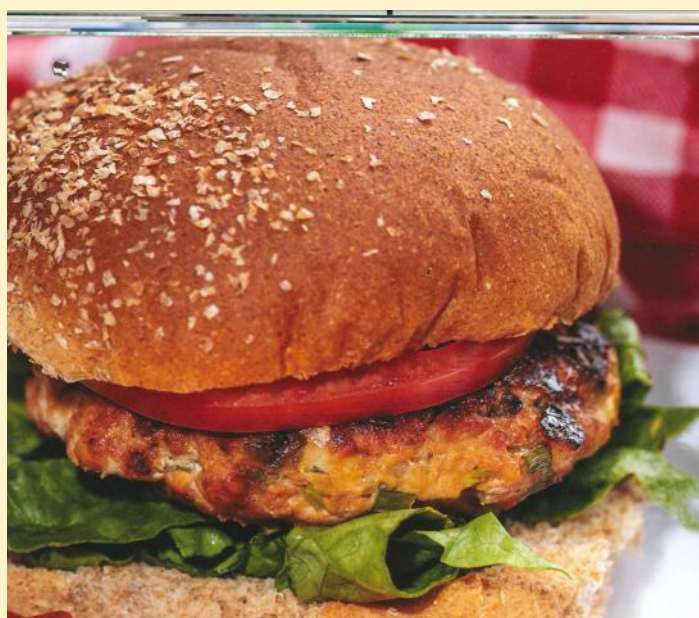
Serving Size: 1 burger on bun with toppings

Cost per recipe: \$8.36

Cost per serving: \$2.09

Nutrition facts per serving: 300 calories; 3.5g total fat; 0g saturated fat; 0g trans fat; 65mg cholesterol; 500mg sodium; 32g total carbohydrate; 1g dietary fiber; 9g total sugars; 4g added sugars; 27g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 4% Daily Value of potassium.

**Source: Andrea Wilde, NEP Area Nutrition Agent,
University of Kentucky Cooperative Extension**





2025-2026 DONATIONS FOR CINCINNATI FISHER HOUSE 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

MARCH

FABRIC SOFTNER SHEETS

APRIL

CROSSWORD/SUDOKU BOOKS

MAY

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





2025 Fair Highlights



**Bill Schwart's
Birdhouse received a
Blue Ribbon**



**Sally Berkshire's
antique won a Blue
Ribbon and Class
Champion**



**Linda Kahmann won
a Blue Ribbon in the
class and Grand
Champion overall**



**Sue Keller's
Diamond Art won a
Blue Ribbon and
Class Champion**



**Shirley Chipman won
Blue Ribbons for both
of her hand
embroidered quilts**



**Fair Open Class
Exhibits volunteers
enjoyed lunch
together**



Homemaker Happenings



On June 10th, the Fun Time Quilters made over 120 pillowcases for the Ryan's Cases for Smiles. This is a charity set up to give children at local Children's hospitals pillowcases.



Cross County visited Mariemont for a day of bonding and lunch.



Members of the Back to Basics & Cross County Clubs enjoyed a trip to Churchill Downs.





**Cooperative
Extension Service**

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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4-H Youth Development
Community and Economic Development

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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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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**

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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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Northern Kentucky Extension Homemakers

Scholarship Information & Guidelines

General Guidelines for Both Scholarships

- ❖ Scholarship applications are due to the Area Chairpersons by August 15th and will be judged by September 15th.
- ❖ Applicant must be a paid Extension Homemaker member by December 31st of the previous year to apply for a scholarship.
- ❖ Applicant may not win two consecutive years.
- ❖ Scholarships will be judged within the area by a committee consisting of the Area Leadership Development, Community Outreach & Scholarship Chairpersons and the Area Contact Agent for the committee.

Nellie Ellis Scholarship

- ❖ The scholarship must be used for training that would bridge the applicant into the workforce and/or allow for greater earning potential.
- ❖ One \$250 scholarship will be awarded.
- ❖ Upon proof of acceptance, scholarship funds will be sent directly to the Educational facility.
- ❖ If fees for classes or courses do not meet the total of \$250, a partial scholarship shall be granted. The remaining funds can be used for an additional scholarship. Otherwise, the remaining funds will be added to the general fund for the following year.

Enhancement Course Scholarship

- ❖ The scholarship must be used for a course or class of learning enhancement nature.
- ❖ Two \$50 scholarships will be awarded.
- ❖ Winners will be chosen at random.
- ❖ Learning enhancement courses can be paid by the Extension Homemaker ahead of time and a receipt signed by the instructor should be given to the Area Treasurer for reimbursement —OR— an area check can be made out for the course before the class is taken.
- ❖ The class must be taken within the year the scholarship is won.

Northern KY Leadership Development, Community Outreach & Scholarship Chairpersons:

Mary Jane Day

450 Day's Lane, Sparta, KY 41086

Louise Hiles

400 Tapering Pointe Road, Glencoe, KY 41046

**For a copy of the application, please contact the
Gallatin County Extension Office at
(859) 567-5481.**



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

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