

Next Council Meeting

May 12, 3PM at GC Extension Office

Save the Date

Our County Annual Day will be on June 7th. The planning committee has been working hard, so I hope you will make plans to attend! If you're unsure about what Annual Day is, check out the description below. everyone is welcome and encouraged to participate! Registration information will come out at a later date.

What is Annual Day?

The County Annual Meeting is both a business meeting and celebration of accomplishment. There is often a guest speaker, always a delicious lunch, a business meeting to install new officers, vote on the proposed budget for the year and approve any changes to standing rules and bylaws, and finally a celebration of accomplishments and awards. We recognize outgoing officers for their contributions, we honor someone with the Homemaker of the Year Award, and recognize various other accomplishments.

Officer Nominations

We are seeking nominations for 3 positions on the council; Treasurer, President-Elect, and Vice President. Treasurer and Vice President will serve 2 year terms, with President-Elect serving a 1 year term, to immediately follow a 2 year term as President. Nomination forms can be found at grayson.ca.uky.edu or you can request a copy at the office.

Volunteer Hour Reporting

Individual club presidents will determine how volunteer hours are collected. If you do not turn in your hours at your club meetings, turn them into the Extension Office to be recorded. **Those in multiple clubs, only report hours to ONE club.**

Community Connection

- **March** - Non-perishable food items to be donated to Alliance Food Pantry.
- **April** - TBD
- **May** - School Supplies

Lesson Ballot

Lesson Ballots for the 2025-2026 are due soon! Please vote for your lesson choices, there is no limit on how many lessons you can vote for. Clubs may complete the ballot together and list a number of people voting for each lesson. If voting as an individual, place an X beside the one's you wish to vote for and return them to the Extension Office. If you vote individually DO NOT vote in your club, and vice versa. **Return to the Extension Office by April 4, 2025.**

HOMEMAKER NEWS & NOTES

- Continued

Staff Resignation Notice

Ally has resigned from her position as staff assistant. Her last day will be March 28th. She has taken a new job that will allow her more flexibility and future growth. We wish her nothing but the best! Please be patient with us as we adjust to two staff vacancies. Things will be a little slow until we are able to get some new folks in those positions.

2025 KEHA Sate Meeting

May 6-8, 2025

For more information, visit keha.ca.uky.edu/content/state-meeting-information

Lodging

Hyatt Regency Lexington - 401 W High St, Lexington, KY 40507

Room blocks are now open for reservations

Room rate - \$149 + tax/night

1-4 people per room

Group rate ends April 7

Online reservations can be done online at www.hyatt.com/en-US/group-booking/LEXRL/G-KEHA

Phone reservations

(800) 233-1234

Group code G-KEHA for conference rate

State Meeting Gifts - VOLUNTEERS NEEDED

Grayson County is making 500 magnets for each KEHA meeting participant to take home. We need volunteers to help make these magnets! I have all supplies needed at the office. If you are able to use your club time to begin the process (they need time to dry before sticking magnets on) then we can complete the process at our county work day on April 24, 11am - 1pm

You are invited
to the 5th Annual
**Mental Health &
Addiction Resource Fair**

March 25, 2025 | 10 a.m. - 2 p.m.
Location: Centre on Main
425 S. Main St., Leitchfield, KY
All community members welcome.

Lunch sponsored by:

 Owensboro Health
Twin Lakes Medical Center

Lunch FREE for the first 150 people!



KEHA Magnet Work Day
Thursday, April 24
11AM - 1PM in Project Room @ Ext. Office

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



Cooperative Extension Service

HOMEMAKER NEWS & NOTES

- Continued

Chairman Updates and Announcements

Management & Safety - There is a Shelter Fundamentals and Management training on March 29th. See enclosed flier. Some of our members are working with the GC Emergency Management Team to have a second training on a different date because of the conflict with the 5th Saturday Meeting. That has not been confirmed yet.

Food Nutrition, and Health - Nine members volunteered at the Alliance Food Pantry for the February community connection. If you have extra plastic grocery bags, the Alliance is accepting donations. See recipes of the month below. Easy White Chili & Homemade Granola.

Leadership Development - Summer Resource Fair will be in June. The planning committee is looking for volunteers to help park cars.

Family & Individual Development - Several members attended a trip to the Owensboro Museum of Fine Arts. See pictures enclosed. Comedy Night will be on Friday, March 21st, 5:30p-7:00p at the Extension Office. Please park and enter at the back of the building.

Recipes of the Month - Submitted by Teresa Buckles, County Chair for Food, Nutrition, & Health

Before saying goodbye to winter, I have a white chili recipe to share that can be prepared relatively quickly, using mostly pantry items.

Easy White Chili

- 1 ½ lbs. Chicken Breast (Or save time, with 2-12.5oz. cans, Chicken Breast, drained)
- 2 (14 oz.) cans of Chicken Broth
- 3 (14 oz.) cans of Great Northern Beans (Or cook your own if time permits)
- 1 (4 oz.) can chopped Green Chilies
- 2 C. chopped Onion
- 3 cloves chopped Garlic
- 2 tsp. ground Cumin
- 2 tsp. ground Oregano
- 2 tsp. Chili Powder
- 1 tsp. Red Pepper
- 2 T Olive Oil
- 3-4 dashes Hot Sauce
- Salt & Pepper to taste

1. If using fresh chicken, first bake the chicken breast in a 350-degree preheated oven for 30 min. Cool and cut into bite-sized pieces.
2. In a large pot, heat olive oil and add onions to sauté until onions are somewhat wilted. Add all remaining ingredients and cook over medium heat for 1 hour.
3. Taste to adjust seasoning, then ladle into bowls and serve with favorite toppings such as nacho or corn chips, shredded cheddar, jalapeno peppers, salsa, black olives or sour cream.

Approximately 8 servings.

The following granola recipe is a satisfying whole grain treat that is good sprinkled on yogurt, parfaits and smoothies or served with milk as a cold cereal. It's even good as a dry snack food.

Homemade Granola

- ½ C Honey
- ¼ C Vegetable Oil
- 1/4 C Water
- 4 C rolled Oats (preferably old-fashioned Oats)

1. Combine honey, oil, and water and pour over oats. Stir to coat. Pour into large roasting pan or 9"x13" baking pan. Bake uncovered for 20-30 minutes in a 300-degree oven, stirring occasionally for even roasting. Mixture will be dry and lightly toasted when done.
2. After roasting, add 1 cup of any of the following ingredients to customize your granola to your family's tastes.
3. Add-in options:
Slivered almonds, raisins, chopped dates, mixed nuts, chopped dried apricots, banana chips, flaked coconut, sunflower seed, chopped dried apple, flaked coconut, Grape-Nuts cereal, wheat germ, Bran Buds or All-Bran.

The granola keeps best refrigerated.

HOMEMAKER NEWS & NOTES




- Continued


Junior Homemaker Club - **NEW CLUB ALERT**

5th Saturday Club Leader and Short Creek Club member, Sara Bailey, and her daughters, Lacey and Paige are starting a Jr. Homemaker Club! They welcome youth ages 10-17. Club meetings will be on the 2nd Fridays of the month from 11am-12pm at the GC Extension Office. Their first meeting will be April 11th.

Upcoming Programs

Sock Monkey Group Class

-  1st Friday, Monthly
-  1 - 3 PM CT
-  Grayson County Extension Office

 Cooperative
Extension Service

This will be an assembly type class to make sock monkeys for the Owensboro Health Twin Lakes Medical Center Women's Auxiliary.
Some will cut, some will sew, some will stuff, etc.

Registration not required.



Lincoln Trail
Area Development District
- established 1968 -

 Cooperative
Extension Service

Move | Play | Connect

APRIL 8, 2025



March 28th, 10AM @ GC Extension Office

Lesson taught by: Cabrina Buckman Washington Co. FCS Agent

Do you often feel you are preparing the same meals and snacks? Do you wish it were easier to come up with meal ideas? Join us for a fun and interactive lesson on ways to add creativity and variety to your meals and snacks. We will cover several practical strategies that make meal planning and preparation easier for you and your family and help you break out of that common mealtime rut!

County Awards Due Soon!

County Awards:

- New Member
- Perfect Attendance
- Reading Award
- Years of Service
- Homemaker of the Year

Club Presidents - County Awards are due to the Ext. Office by May 23! This is your early reminder to be sure and complete the awards form that was in your leader packet. If you need another copy, please contact the office.

HOMEMAKER NEWS & NOTES

- Continued

Member Spotlights

Lisa was nominated by Sara Bailey for one of the first member spotlights. Sara says: *"Since I first met Lisa Haycraft when she came as a guest to Short Creek's Club meeting, I noticed and instantly related to her bravery and enthusiasm to put herself out there to discover community. As I noticed her drive to try every Homemaker club plus Extension Office craft opportunity, such as sock monkeys, my respect and appreciation for her and the talents she brings to the table is ever growing. I nominated Lisa Haycraft for our GC KEHA Spotlight because I am certain that she is an outstanding new Homemaker worthy of recognition both now and for years to come. I appreciate the FFA gift basket she volunteered to assemble on behalf of Short Creek members that generated a large raffle donation for those students. I am excited that Lisa has already stepped up to teach a 5th Saturday & More Club craft in June. I am even more excited to see what Lisa will bring back from the KEHA state meeting to help our local Homemakers achieve new heights. And I am blessed to see her faithfully at every sock monkey assembly, and that she was present even when I have missed. She is a rising star that I would encourage others to get to know and draw inspiration from."*

Lisa Haycraft

Short Creek and 5th Saturday
& More Club Member



What inspired you to join Extension homemakers, and what do you enjoy most about being a member?

I joined Homemakers to meet new people in our community and explore the activities and resources our county has to offer.

What projects, programs, or activities have you been involved in through Homemakers, and how have they impacted you?

As a Homemaker I have helped with several community projects that make a difference.

Outside of Homemakers, what are some of your hobbies or interests that you love to share with others?

Outside of Homemakers I have a passion for animals and enjoy caring for them on my small hobby farm. Spending time with my husband from listening to music on the Square to ATV riding. Another thing that brings me joy is my grandkids and great-grandkids.

Do you have a word of encouragement or advice for members?

My advice for members is to get involved and enjoy every opportunity to learn and connect with others. Don't be afraid to try something new. Whether a craft, a community project, or just making new friends!

Two members will be nominated at each council meeting to be highlighted in the newsletter. If you have someone you would like to nominate, please contact Natalie or Shirley Thompson.

HOMEMAKER NEWS & NOTES

- Continued

Member Spotlight

Teresa was nominated by Denise Barrett for one of our first membership spotlights. Denise says: *“Upon taking the chairman of Food, Nutrition, and Health, Teresa has put 100% into teaching us to be healthier. She brings fruits to share with each homemaker every club meeting. She established a before-meeting walk to get us moving. She provides monthly recipes for healthy choices. She has taken her role seriously!”*

Teresa Buckles

Short Creek Club Member and County
Chairman for Food, Nutrition, & Health



What inspired you to join Extension homemakers, and what do you enjoy most about being a member?

Growing up in a Grayson County farm family, the Extension Service has been a vital resource for at least four generations of my family. My lifelong exposure to Homemakers inspired me to join, seeing firsthand how it enhances homemaking skills, broadens interests, builds leadership, and fosters friendships.

What projects, programs, or activities have you been involved in through Homemakers, and how have they impacted you?

As club and county International chairman, I've enjoyed learning about different cultures, hosting guest speakers, sharing international recipes, and leading projects like making diapers for Nicaraguan babies. Now, as Food, Nutrition, and Health chairman, I focus on easy, nutritious Recipes of the Month to promote home cooking and meal planning. I also encourage adding more fruits, vegetables, and movement into daily life. I love baking, trying new recipes, and engaging in other Homemaker programs like the Cultural Arts reading program and County Fair volunteering.

Outside of Homemakers, what are some of your hobbies or interests that you love to share with others?

Outside of Homemakers, I enjoy hiking, creating trails, music, church activities, puzzles, and traveling. My husband and I are working on visiting as many National Parks as possible—one of our favorite adventures

Do you have a word of encouragement or advice for members?

My advice: Get involved! You get more out of something when you put effort into it. With so many opportunities in Homemakers, there's something for everyone. If one thing isn't for you, try another—you're sure to find something that inspires you!

HOMEMAKER NEWS & NOTES

- Continued

Owensboro Fine Arts Museum



Alliance Food Pantry Volunteer Day



Area Homemaker Council Meeting



Best,

Natalie Taul

FCS Agent, Homemaker Advisor



**American
Red Cross**



Shelter Fundamentals and Management

If you want to serve in a warming center or respite shelter, this would be your avenue to get started! Register no later than March 22nd.

If you're interested in attending this training, please register by QR code on the right or call: (270) 971-1707

- ▶ March 29th, 2025
- ▶ 10am - 12pm
- ▶ Leitchfield Fire Dept.
Station 1 (by the fairgrounds)

Limit of 40 people for the training.

Register here:



Questions? You can contact:
marlainas.meier@gchdky.org