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NEWS & NOTES - JULY 2024

Next Council Meeting

Monday, September 9th 3PM @ Grayson County Extension Office

Enrollment is OPEN

We are accepting enrollments from now until late November. Please make sure you are using the updated enrollment form that can be found here. Please make sure you read forms carefully and indicate which club(s) you are joining/re-joining. If you are recruiting new members, please make sure they mark that they are a new member. This helps with new member and years of service awards down the road.

Leadership Updates

We welcome the following people to the County Extension Homemaker Council:

- Donna Wilson, Secretary
- Shannon Harp, Leadership Development Chair

Transfers within the Council:

- Teresa Buckles, from International Chair to Food, Nutrition, and Health Chair

Thank you to Rose Booth who served as Council Secretary for many years!

Vacant Chairman and Committee Positions

We need volunteers for the following Council positions:

- International Chair
- Management & Safety Chair
- 4-H Youth Development Chair

If interested, please contact Natalie or Tracy and plan to attend the July 31st Council Training.

Yearbooks

Yearbooks will be available for pick up at the Extension Office beginning Monday July 22nd. You should receive one when you turn in your dues and enrollment form after that date. If you have already enrolled/re-enrolled you can pick them up at the 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



Disabilities
accommodated
with prior notification.

HOMEMAKER NEWS & NOTES

- Continued

Mandatory Council Training



SAVE THE DATE!

Mandatory HM Council Training

JULY	TIME	WHERE
31	9:30	GC EXT. OFFICE

RSVP to GC Extension Office
270-259-3492 | natalie.taul@uky.edu

All council members should mark their calendars for July 31st for a mandatory Council training. The council consists of 4 executive officers, 4 club presidents/representatives, and 8 county chairmen.

At this training we will plan for the upcoming year, set goals for the organization, and each person will learn what their specific leadership role is responsible for. You will receive a personalized packet of information to help you succeed in your position.

Club officers and chairmen are welcome to attend to learn more about their positions as well.

Please RSVP by calling the office.

New Club Alert - Sunshine Club

We are excited to announce there will be a new traditional club starting in October! The Sunshine Club will have their first meeting on October 21st, 5:30PM at the Grayson Co Extension Office. Shannon Harp will be getting this new club up and running. Please contact Natalie or Shannon with questions and spread the word that we will have an evening club meeting available now! The club will meet on the 3rd Monday each month at the Extension Office at 5:30PM. You do not have to enroll before the first meeting - come see what it is all about!

I will be helping Shannon to promote this new club and it has been added to our enrollment form as a club option. So you will be seeing more about this new opportunity in the coming weeks.

Block of the Month Club Update

Block of the Month Club will continue to meet on the 3rd Saturday. It will begin at 9am with a beginners level project until 10am. Then 10am – 11:30am will be for more advanced quilters. Contact Tracy for more information.

Pen Pals

Pen Pals is coming back! Donna Wilson will be organizing the Pen Pals program this year. There is an option on the enrollment form to sign up for this program. Those participating in the program will be matched with someone for the program year and you will share notes and cards with one another. I am excited to see what Donna has planned!

HOMEMAKER NEWS & NOTES

- Continued

2024-2025 Lesson Schedule

You should have received a link to the lesson schedule in my first update email this month. You can find the lesson schedule on our website (www.grayson.ca.uky.edu) as well as at the end of this newsletter. Each lesson will be listed in the yearbook on the month in which it will take place.

Grayson County Homemaker Open House

Last year the Short Creek Club hosted an open house at their September meeting. This year we will have a separate date for the open house. Please mark your calendars for September 9th at 5:30pm. We will host a Tea Party themed open house at the Extension Office. We need members present to greet guests and recruit new members. More information to come!



Volunteer Service Hours

We had a grand total of 9691 volunteer hours reported by 36 members this year! Thank you to Tracy and Shirley for organizing a system that made it easier for volunteer hours to be reported! As a reminder, this program starts over each July. Please continue to record and report those hours to your club leader/president, Tracy Thacker, or Shirley Thompson.

Fair Update

Please contact Natalie or the Extension Office to get on the volunteer schedule. We are still in need of volunteers for each day! Natalie will attend August club meetings to discuss volunteer responsibilities and answer any questions from members.

New Culinary Division Rule - All pies and cakes must be PRE-CUT and $\frac{1}{4}$ of the cake or pie brought to the fair. They should be placed on a sturdy, disposable plate and sealed in a zip top baggie or wrapped well with clear plastic wrap. All other food items need to be on sturdy, disposable plates and sealed in zip top baggies. We have had insect problems in the past and we are hopeful this will help!

All homemakers making entries are encouraged to pick up their tags early at the Extension Office (August 19-23) and pre-register their items using the form provided at tag pick up. This will help entry day go much smoother, and faster, for everyone!

Dates to Remember

July 31 | Homemaker Council Training
August 6 | Area Homemaker Council @ LaRue Co.
August 20 | Area Homemaker Lesson @ Hardin Co.
August 26 | GC Fair Entry Day
August 27 | GC Fair Judging Day

August 27-September 1 | Grayson County Fair
September 1 | GC Fair Pick Up Day
September 9 | Fair Committee Meeting
September 9 | Homemaker Council Meeting
September 9 | Open House

Best,

Natalie Paul

FCS Agent, Homemaker Advisor



Liberty Tree Dedication

September 14, 2024

11AM CST

American Legion Veterans

Memorial Park

Leitchfield, Kentucky

Presented by

**Grayson Springs Chapter
National Society Daughters
of the
American Revolution**

**Celebrating the birth of our nation in
honor of Revolutionary Patriots.**

Find us on Facebook:

Grayson Springs Chapter, NSDAR



DAUGHTERS OF THE
AMERICAN REVOLUTION



2024 ANNUAL MEETING RE-CAP

We had a great time at the June 8th Annual Meeting! 33 members attended.

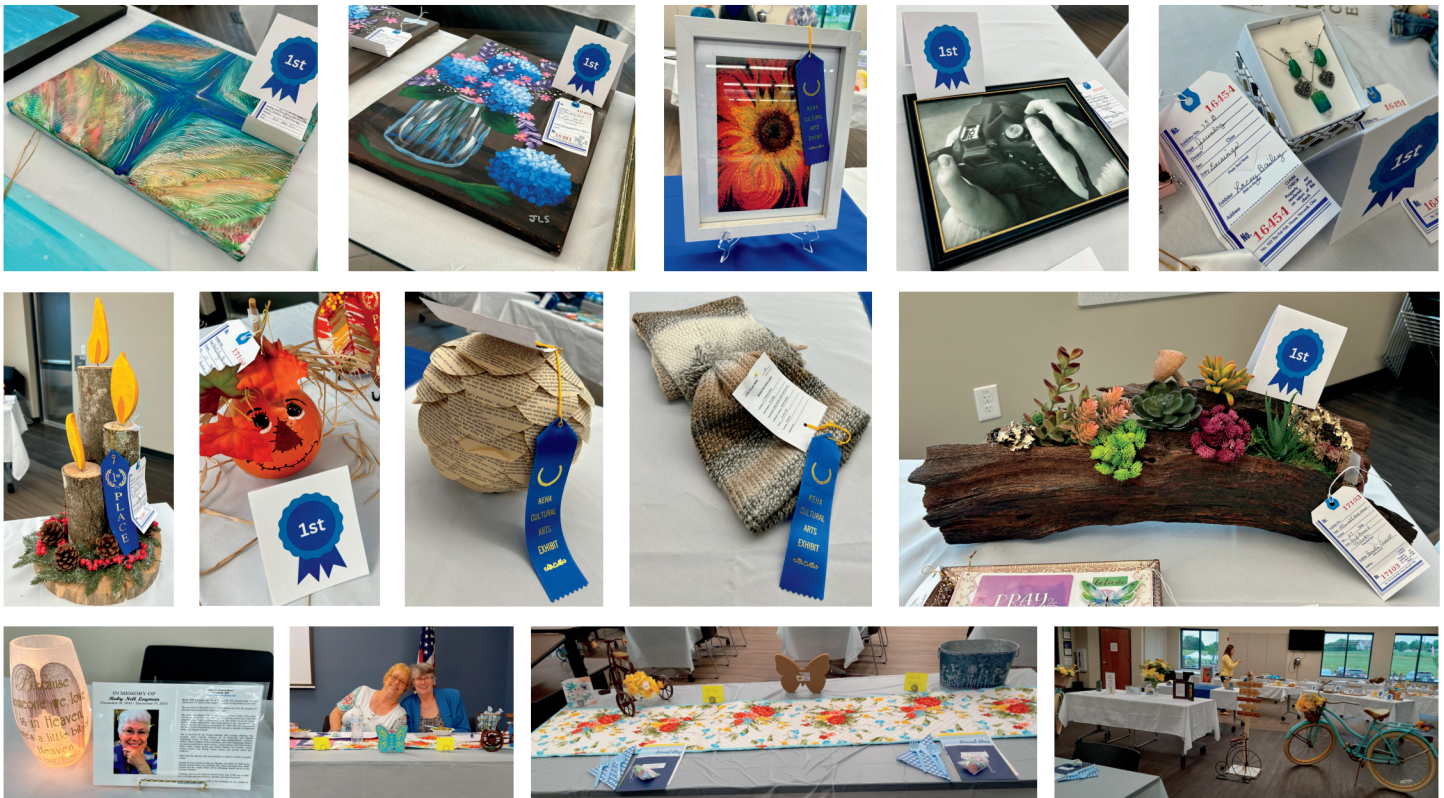
Cultural Arts Contest

We had 56 entries and 22 Blue Ribbons were awarded. Each blue ribbon item will go to the Area Cultural Arts Contest in October. Congratulations to all winners! Blue Ribbon Winners:

- Cherie Seadler : 2
- Denise Barrett : 4
- Tracy Thacker : 2
- Lacey Bailey : 2
- Rose Booth : 1



- Janet Shartzter : 3
- Anna Tubb : 1
- Donna Wilson : 3
- Ellen Robinson : 1
- Sara Bailey : 3
- Pamela Cissell : 1



Many awards were given out at the Annual Meeting this year!

Years of Service Award:
Betty Witten - 45 Years
Earlene Phelps - 40 Years

Homemaker of the Year:
Shirley Thompson

Reading Award:
Donna Wilson
Denise Barrett
Ellen Robinson
Janet Shartzter
Mary Louise Majors
Teresa Buckles

New Member Award:
Angela Everton
Betty Bradshaw
Betty Morris
Joann Sanders
Joyce Eaton
Judy Cozine
Loressa Johnson
Mary Ann Frye
Pamela Cissell

2024 ANNUAL MEETING RE-CAP

Perfect Attendance Award - 1 Year:

Angela Fulkerson
Anna Tubb
Debra Smith
Ellen Robinson
Gay Fulkerson
Janet Shartzter
Lacey Bailey
Mary Ann Frye
Sara Bailey

Perfect Attendance Award - 12 Years:

Betty Witten

Perfect Attendance Award - 15 Years:

Kay Wolfe

Perfect Attendance Award - 25 Years:

Betty Miller

Perfect Attendance Award - 37 Years:

Barbara Warfield

Perfect Attendance Award - 2 Years:

Denise Barrett
Melanie Gallagher
Shirley Thompson

Perfect Attendance Award - 7 Years:

Cherie Seadler
Jenny London
Stacy Mudd

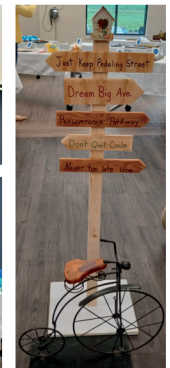
Perfect Attendance Award - 8 Years:

Donna Wilson

Volunteer Service Award:

Donna Wilson - 984 hours
Mary Louise Majors - 788 hours
Melanie Gallagher - 769 hours
Janet Shartzter - 720 hours
Cherie Seadler - 675 hours
Denise Barrett - 685.5 hours
Paige Bailey - 792 hours
Sara Bailey - 567 hours
Chris Carter - 552 hours
Rose Booth - 549 hours
Wanda Howard - 478.5 hours
Lacey Bailey - 404 hours

Save the Date for the 2025 County Annual Meeting - Saturday, June 8!



Reading Award - This is for anyone reading at least 1 book from 6 of the 9 categories on the KEHA Book List.

Perfect Attendance - This is for members who attended at least 8 club meetings throughout the year.

Years of Service - These awards are recognized in 5 year increments.

Volunteer Service - These awards recognize members reporting 300+ hours of volunteer service through the year.

**Grayson County Extension Homemakers Association
Enrollment Form 2024-2054**

**Deadline
November 21, 2024**

Name: _____

Address: _____

City, State: _____ Zip: _____

Email: _____

Phone: Home _____ Cell _____

Age Group: 15-19 20-24 25-34 35-44 45-54 55-64 65-74 75+

Gender: Female Male **Ethnicity (optional):** Hispanic Non-Hispanic

Race (optional): White Black or African American Asian/Pacific Islander
American Indian Hawaiian Other

Are you a new member? _____ **Yes** _____ **No**

Would you like to participate in the Pen Pal program this year? _____ **Yes** _____ **No**

Membership Type:

_____ **Mailbox (\$15)** _____ **Club (\$15) - *Please select club(s) below***
_____ 5th Saturday & More - 6 Saturday meetings/year
Additional \$10.00 due at club meeting, 5th Sat ONLY
_____ Block of the Month - 3rd Saturday, 10am
_____ Short Creek - 3rd Wednesday, 11am
_____ Young - 3rd Tuesday, 1pm
_____ Sunshine - 3rd Monday, 5:30pm

Interest in Participating: Your selection of any leadership roles indicates your interest only, it is not a full commitment. You may be contacted for the role selected if needed. At that time you can accept or decline. Please consider any of the following positions!

County Chairman Position:	_____ Cultural Arts & Heritage	_____ Food Nutrition & Health
	_____ Environment Housing & Energy	_____ International
	_____ Family & Individual Development	_____ Leadership Development
	_____ Management & Safety	_____ 4-H Youth Development

Volunteer Opportunities: _____ Social Media _____ Membership Recruitment _____ Scholarship
_____ County Fair _____ Annual Day _____ Officer Nomination
_____ Summer Resource Fair _____ Other: _____

Please Sign on Back

**Grayson County Extension Homemakers Association
Enrollment Form 2024-2054**

**Deadline
November 21, 2024**

I, (print full name) _____, being eighteen (18) years of age or over, 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 who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____

Date: _____

Witness: _____

Date: _____

Office Use Only: *Date Received:* _____ *Paid:* _____ *Entered in Excel:* _____

Grayson County Extension Homemaker 2024-2025 Lesson Schedule

September Lesson

- August 20 | 9-11:30am CT @ Hardin Co. Ext. Office | Jennifer Bridge, Meade FCS and LTA Agents
- Creating Welcoming Communities & Robert's Rules of Order
 - o Creating Welcoming Communities
 - All societies experience shifts in culture and modern America is no exception. Have you wished to be more confident in navigating unfamiliar cultural experiences? With this lesson, become a more prepared community volunteer by understanding how culture makes all of us unique. We will examine our own culture, understand culturally related strengths of both ourselves and of others, and gain an understanding of oppressive experiences and their effects. As we seek to build a stronger Kentucky, KEHA volunteers can lead the way in making the state more welcoming to all newcomers in the Commonwealth. This
 - o Robert's Rules Refresh
 - How do you rate your skills in using Robert's Rules of Order? Could you use a refresher to be sure you know the basic parliamentary procedures that can improve the effectiveness of any business meeting? This lesson incorporates interactive teaching methods and fun approaches to brush up on your knowledge and improve your ability to lead or participate in effective meetings.

October Lesson

- September 26 | 10am CT @ Grayson Co. Ext. Office | Rachel Mattingly, Marion FCS
- Lead Your Team: Health Literacy for the Win!
 - o Have you ever been confused by the words your doctor was using during an appointment? Or maybe you were unsure when and how often to take a prescription medicine? Maybe you want to be informed when you take your loved one to the doctor. These are just common examples of opportunities to use health literacy. It is estimated that 9 out of 10 adults have difficulty understanding and using health information. But don't worry! Everyone has struggled with health literacy. This lesson will focus on increasing health literacy and empower you to step up and lead your health-care team in reaching your overall health goals.

November Lesson

- October 18 | 10am CT @ Grayson Co. Ext. Office | Lynnette Allen, Breckinridge FCS
- Planning Thrifty and Healthy Holiday Meals
 - o Cooking during the holidays doesn't have to be stressful or expensive. This lesson will focus on healthy meal planning strategies and ways to stay within your budget when preparing for a large holiday meal. You will learn kitchen time management strategies to reduce the hassle of cooking, ways to prepare low-cost and delicious recipes, holiday food safety tips, and how to maximize your leftovers to avoid waste.

December Lesson

- November 14 | 1pm CT @ Grayson Co. Ext. Office | Marla Stillwell LaRue FCS

- No Sew Quilted Star Ornament
 - o Join us for a quick, easy, and fun crafting project this holiday season, no-sew quilted star ornaments. These festive ornaments capture the style of a classic star quilt pattern without requiring any prior quilting skills. Despite using the name “quilted,” nothing is quilted for this ornament, it is a no-sew project.

January Lesson

- Mailout
- Strong Bones for Life: Preventing Osteoporosis
 - o Keeping bones healthy and strong is important throughout the lifespan. Without proper nutrition, exercise, and even sunshine, the risk for osteoporosis increases. Osteoporosis is a bone disease that causes bones to become weak and more susceptible to breaks. This KEHA lesson will examine risk factors and lifestyle behaviors to help stop bone loss and rebuild bone to prevent breaks. It is never too early or too late to make bone health a priority.

February Lesson

- January 24 | 10:30am CT @ Grayson Co. Ext. Office | Dayna Fentress Hardin FCS
- Inspiring Grandchildren to become Grand Cooks
 - o Learning cooking skills early in life improves skills and confidence in the kitchen, which can lead to higher diet quality to support health later in life. The decrease in kitchen skills over generations means grandparents are an important resource for helping grandchildren navigate the kitchen. We'll ideas for bringing different generations together in the kitchen in ways that build confidence, share knowledge and traditions, and create lasting memories.

March Lesson

- February 25 | 10am CT @ Grayson Co. Ext. Office | Natalie Taul Grayson FCS
- Pathways to Wellness: Navigating the people, places, and spaces that influence health
 - o Did you know diet, physical activity, and sleep account for less than half of the factors that determine the length and quality of your life? In this session we explore how the people, places, and spaces in which we live, learn, work, and play influence health.

April Lesson

- March 28 | 10am CT @ Grayson Co. Ext. Office | Cabrina Buckman Washington FCS
- How to Get Out of a Mealtime Rut
 - o When you or a family member find out what is on the menu for dinner, is the typical response “Again?” If you dread the thought of cleaning another dish or you just can't think of the last time you were excited by your own cooking, you may be in a cooking rut. The goal of this lesson is to share creative strategies that can be used to overcome mealtime ruts and prepare meals at home. Participants will be able to explain why it is important to prepare home-cooked meals, describe several creative strategies to come up with meal ideas, and identify ways to reduce barriers related to preparing meals at home.

May Lesson

- April 24 | 1pm CT @ Grayson Co. Ext. Office | Danielle Hagler Nelson FCS
- Composition in Photography
 - o Looking to take photographs that not only capture the memory, but also enhance it? Participants will receive a handout with suggestions for successful composition in photography.