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## NEWS & NOTES - SEPTEMBER 2024

# Vacant leadership positions that must be filled: County Vice President - 1 yr. term County International Chair

### Next Council Meeting

Monday, November 11th, 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 online or picked up at the front desk. Read forms carefully and indicate which club(s) you are joining/re-joining. If you are recruiting new members, 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

As many of you know, Tracy Thacker stepped down from the County President position in late July. I want to thank her for her service to the council and building a strong leadership base!

Per our by-laws, when a President is unable to fulfill their term, the Vice President steps in to that role to finish the term. Shirley Thompson will be our new County President! Which means we will be seeking someone to fulfill her VP term. This position will be on the ballot in June 2025, so it will be a 1 year appointment.

Interested parties please contact Shirley or Natalie.

### Vacant Chairman and Committee Positions

We need volunteers for the following Council positions:

- International Chair - If interested, please contact Natalie or Shirley.

Thank you to Ellen Robinson for taking the vacant Management & Safety Chairman Position!

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# HOMEMAKER NEWS & NOTES

- Continued

## 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!



## Block of the Month Club Update

Block of the Month Club is currently on hold. Tracy is recovering from some medical issues and will be back at it when she is fully recovered and healed. We wish her well very soon!

## Pen Pals

Pen Pals is coming back, starting in November! 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.

## Fair Re-Cap

We took in 773 total entries for the Family Living and Youth divisions at the fair. That is an increase from 737 entries in 2023. We had volunteers to come out all week to help make this year a success. If you have ever worked during entry day, judging day, or pick up day, you know how busy and hectic it gets! It takes a LARGE village to make it a smooth process!

Mark your calendars for next year!

August 25th - August 31st

## Membership Update

To date, we have 47 members that have enrolled or re-enrolled! We recruited **SEVEN** new members at our Open House on September 9th!

## Dates to Remember

September 26 | Health Literacy HM Lesson @ 10AM

October 13-19 | KEHA Week

October 18 | Healthy Holiday Foods HM Lesson @ 10AM

October 25 | Area Annual Meeting

# HOMEMAKER NEWS & NOTES

- Continued

## Area Annual Meeting

The area annual meeting will be held in Marion County on October 25th. Registration is \$20.00 per member. Please see the registration form enclosed. **Registration is due back to the GC Extension Office by October 9th.** Make checks payable to the GC Homemakers and Cherie will write one check for our group.

## Yearbooks

The council contact page has been updated to reflect our current leadership structure. If you picked up a new page at the Council meeting, it is still incorrect due to a mistake on my part! These will also be available for pick up at the front desk.

## Reporting Volunteer Hours

Continue to turn in volunteer hours to club presidents/leaders each month.

**If you are in multiple clubs, please only turn in hours to ONE club leader.** It will be beneficial for you to select one club that will be your "primary" club. You will report all volunteer hours and/or end of year reports with your primary club only. It doesn't matter which club you choose, we just need to avoid double reporting.

## Short Creek New President

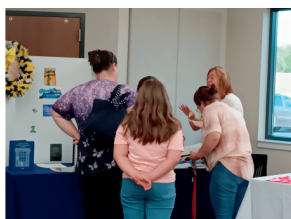
Denise Barrett is the new president of the Short Creek Club! Thank you, Denise, for stepping into this leadership role! You will do a wonderful job and we wish you the best of luck!

## Homemaker Happenings

Sock Monkey Class | September 6, 2024



Open House | September 9, 2024





# HOMEMAKER NEWS & NOTES

- Continued

## Food, Nutrition, and Health

As committee chairman this year for Food, Nutrition, and Health, one goal is to provide a "Recipe of the Month" for each monthly club meeting. The focus for the featured recipes is intended to be dishes that are either economical, easy to prepare, nutritious, lower calorie, and the all-important quality of taste! This month's recipe is from the University of Kentucky Cooperative Extension Service 2008. I hope you find it will check all the boxes of focus as this first featured recipe.

### Parmesan Chicken

#### Ingredients:

- Cooking spray
- 2 tsp. garlic powder
- 1 tsp. onion powder
- 3 tsp. Italian seasoning
- ½ cup Parmesan cheese
- 1 ½ lbs. split, boneless, skinless chicken breasts (or strips)

#### Directions:


1. Preheat oven to 350 degrees.
2. Spray a baking sheet with cooking spray.
3. Combine garlic powder, onion powder, Italian seasoning & Parmesan on a plate.
4. Spray chicken breasts with cooking spray and dip into the cheese mixture to coat both sides.
5. Place chicken on the prepared baking sheet. Spray top of chicken with cooking spray.
6. Bake 30 minutes.
7. If extra browning & crispness is desired, broil for 5 minutes.

Submitted by Teresa Buckles, Grayson County Homemakers Food, Nutrition, & Health Chairman

Best,

*Natalie Paul*


FCS Agent, Homemaker Advisor



3rd Annual

EXPERT PRESENTERS  
ON A VARIETY OF AGE  
RELATED TOPICS!

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HARDIN COUNTY  
EXTENSION HOMEMAKERS



Golden Years  
WELLNESS & AWARENESS  
Conference  
FOR SENIORS OR CAREGIVERS

**SEP | 25 | 2024**  
10:00 am - 2:00 pm

at the  
Hardin County Extension Office  
111 Opportunity Way, Elizabethtown

**FREE LUNCH!  
FREE FLU SHOTS!  
FREE SCREENINGS!**

Register Now  
CALL 270-765-4121

INFO ON:  
\* FALL PREVENTION \* MEDICAL POWER OF ATTORNEY \* STAYING SHARP AS YOU AGE \*  
\* BALANCE EXERCISES \* EMERGENCY HEALTH INFORMATION CARDS \*  
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# Sock Monkey Group Class

 Wednesday, October 2nd

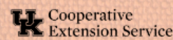
 10a - 12p CT

 Grayson County Extension Office


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.

Supplies not used during class may be available to participants to take home to make more sock monkeys for this project.

Register via link provided or by calling the Extension Office at 270-259-3492



An Equal Opportunity Organization.

 Open House Success!

# 5th Sat & More

**GC KEHA SPECIALTY CLUB**

**NOW  
FULL!**

Club participation is limited to 20 members who've paid their \$10 specialty club dues. Our 10-11:30am Saturday events are now full.

Please inquire of our 5th Sat waiting list to be considered for future vacancies or added event group times TDB. Thank you!

 Cooperative  
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**Extension**   
**Homemakers**  
KENTUCKY

# Community Connection

## September 2024

GC Homemakers and Leitchfield Women's Club are collecting non-perishable food items for the food pantry. Drop items at the Extension Office through month of September.

## Food Pantry Work Day September 30 at 5:15pm

# Heartland of Kentucky Quilt Show

## Hardin County Extension Office Elizabethtown, KY

September 20, 9:00-5:00 EST

September 21, 9:00 - 4:00 EST

Admission \$6.00

Quilts | Vendors | Refreshments | Door Prizes

For info: Deb Hancock - 276-206-5199



# *Lincoln Trail Area Annual Meeting*

## **Fall In Love**

### **WITH LINCOLN TRAIL AREA EXTENSION HOMEMAKERS**

**Friday, October 25, 2024**

Marion County Extension Office

416 Fairgrounds Road

Lebanon KY 40033

270-692-2421

**\$20 per person**

Registration and refreshments - 9:30 a.m. EST

Welcome - 10:00 a.m. EST

### **Area Cultural Arts Check In:**

Thursday, October 24, 2024

10:00 a.m. - 1:00 p.m. EST

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## **REGISTRATION FORM**

NAME: \_\_\_\_\_ COUNTY: \_\_\_\_\_

PHONE #: \_\_\_\_\_ EMAIL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

**LUNCH: Steak, Chicken or Vegan Burger, Green Beans, Potato  
Salad, Rolls, Tea, Lemonade or Water and desserts.**

**Please choose ONE:  Steak  Chicken  
 Vegan Burger**

**Return this form along with the registration fee & choice of  
entree to the Grayson County Extension Office by October 9th**

Checks are to be made payable to **Grayson County Extension  
Homemakers.**



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



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