



Natalie Taul, FCS Agent,
Extension Homemaker Advisor
Natalie.Taul@uky.edu
(270) 259-3492

NEWS & NOTES - JANUARY 2024

Next Council Meeting

Monday, March 11, 3PM @ Grayson Co Extension Office

Enrollment

Enrollment period for KEHA has ended. Anyone joining moving forward is a county member only and not eligible for KEHA awards and recognition for the 2023-2024 program year. They will still fill out an enrollment form and pay dues but are not eligible for state contests this year.

Membership Update

We currently have 59 members for the 23-24 program year.

Community Connection

Continued Collection – bottle caps for DAR Buddy Bench at high school. See collection barrel in foyer of Extension Office. *266lbs of caps have already been donated! It takes 250lbs to make a bench! We will collect caps through the end of April!*

January - Eyeglasses for Lions Club

February - Flannel fabric and #3 quilting safety pins (*more info provided below*)

Committee Members | **VOLUNTEERS NEEDED!**

Committee members are needed for the following groups:

- Scholarship (review and score senior scholarship applications and select a recipient)
- Nominating (recruit members to fill vacant leadership/officer positions on the board)
- Fair (committee will work together to plan and execute the family living and youth departments at the GC Fair in collaboration with FCS Agent).
- Annual Meeting (plan county annual meeting in June)
- Link: bit.ly/homemaker-committee-survey

Marketing Items Available

We now have a couple of items that can be used for community events to market the GC Homemakers.

- Large vinyl banner
- Table runner
- Cups and magnetic chip clips

All items will be housed at the Extension Office. Please arrange a time for pick up before items are needed.



HOMEMAKER NEWS & NOTES

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2024 State Meeting

Next year's KEHA State Meeting will take place May 7-9, 2024 at Sloan Convention Center and Holiday Inn University Plaza, Bowling Green. The theme is "Blazing the Way with KEHA". Fort Harrod Area will serve as the host area. Reserve your hotel room now in the KEHA group block! The group rate is \$126/night. Details are on the State Meeting webpage.

KEHA Contests, Scholarships, and Grants

March 1st is the deadline for most KEHA contests, scholarships, and grants. Please see the KEHA Manual Appendix page 2-3 for a summary and references for more information. KEHA development grant proposals and mini grant applications can be found in the KEHA Manual, pages 104-111. For questions regarding any of these opportunities, contact the officer or chairperson listed in the Manual.

Dates to Remember

January 30, 2024 | Homemaker Lesson @ 2PM

February 6, 2024 | Area Council Meeting @ Hardin Co. Ext. Office

August 26, 2024 | Grayson County Fair Entry Day

August 27, 2024 | Grayson County Fair Judging Day

August 27-September 2, 2024 | Grayson County Fair

September 1, 2024 | Grayson County Fair Pick Up Day

Club and Chairman Announcements

Family and Individual Development | January and February Family and Individual Development will focus on 2 different ways for our physical self-care.

-Denise Barrett, County Chair for Family and Individual Development

International | County-wide International Project for February 2024:

The Grayson County Homemakers will be conducting a drive during the month of February to collect donations of flannel to be used for diapers for babies in the country of Nicaragua. This great need has been witnessed firsthand by local mission workers serving on the mission field in Nicaragua.

Flannel fabric may be purchased by the yard or remnant or used items of flannel such as flannel sheets, flannel shirts, flannel sleepwear, etc. are welcome. Any flannel fabric, measuring approximately 16"x 24" regardless of color or pattern can be used.

If you wish to construct diapers for this project, please measure them according to the recommendation given of 16"x24". Another suggestion is that using pinking shears on the edges will eliminate needing to sew or hem them.

Another item greatly needed and requested are #3 Quilting Safety Pins. These are used for diaper pins which are difficult to find but needed in underdeveloped countries such as Nicaragua.

Items may be dropped off at the Extension Office through the month of February.

-Theresa Buckles, County International Chair

HOMEMAKER NEWS & NOTES

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Facebook Page Management

Jenny London started the county Homemaker Facebook page 6 years ago! She came to me with the idea and said she would get it started and manage it. I think it has been a great communication tool for members and the community, and I would like to thank Jenny for getting that started for Homemakers! Jenny has decided to step down from managing the page; therefore, we need someone to step into that role. This can be one or multiple people that will be responsible for posting pictures, program and event information, and sharing Extension programs through the Homemaker Facebook page. The council is seeking interested individuals for this job, please contact Tracy Thacker or Natalie Taul if you are interested.

Self Care Leader Lesson | February 27 | **UPDATED INFO**

Denise Barrett, County Chair for Family and Individual Development will be leading the February 27th lesson on Self-Care! Thank you Denise for taking this on! There is a time change from the original class - the new time is 10am on the same day, February 27th. The lesson (like all lessons) will be advertised to the public and anyone is welcome to attend! Please register with the Extension Office so Denise can adequately prepare materials.

Monthly Volunteer Hours

Please be sure to turn in your monthly volunteer hours to Shirley Thompson, County VP or Tracy Thacker, County President. This was such a great idea and many hours are being recorded that have not been recorded in the past! Thank you, Tracy for coming up with and managing this new system!

Lincoln Trail Area Council Meeting

February 6th, 9AM CT at Hardin County Extension Office. Two (or more) board members are needed to attend this meeting. Typically the President and VP attend. If unavailable, please find someone to go in your place.

Extension News

Laugh + Learn | Laugh and Learn is a program designed for families with preschool age and younger children to help prepare them for school! We read, have snacks, and PLAY, all while building important skills your child will need to be successful! It's a great way for parents to socialize as well. Laugh + Learn is the 3rd Friday of each month through April at 9AM at the Grayson County Extension Office. To register, call the office at (270) 259-3492.

Pathways to Wellness | The Grayson County Extension Office will be hosting a program titled Pathways to Wellness: Where We Live, Work, and Play. Join us for this class in which you will learn about ways to increase knowledge about the impact of social determinants of health (SDOH), self-efficacy and collective efficacy to make personal changes AND influence community in ways that promote health. This lesson will help you (a) define health, (b) identify ways to achieve well-being, and (c) determine a personal role in addressing SDOH. You will not want to miss this informative lesson that will include discussion and brainstorming about how to examine personal health and one's place in the community. To register, call the office at (270) 259-3492.

HOMEMAKER NEWS & NOTES

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Nutrition Education Program | Grayson County Nutrition Educator Robin Burton currently has two program series scheduled for this spring that will be happening here at the Grayson County Extension Office.

How To: Slow Cooker Meals | Learn how to make healthy meals using your slow cooker, watch demonstrations, and try new recipes. Registration is required by calling the office at (270) 259-3492. Classes will meet weekly through March. Each week the class will be offered both during the day and in the afternoon.

Wednesday, March 6 | 11AM-12PM

Wednesday, March 6 | 5-6PM

Tuesday, March 12 | 11AM-12PM

Tuesday, March 12 | 5-6PM

Tuesday, March 19 | 11AM-12PM

Tuesday, March 19 | 5-6PM

Tuesday, March 26 | 11AM-12PM

Tuesday, March 26 | 5-6 PM

How To: Freezer Meals | Learn what foods freeze well/which foods don't, how to cook freezer meals, how to double batch cook, watch demonstrations, and sample new recipes. Registration is required by calling the office at (270) 259-3492. Classes will meet weekly through May. Each week the class will be offered both during the day and in the afternoon.

Wednesday, May 8 | 10-11AM

Wednesday, May 8 | 5-6PM

Tuesday, May 14 | 10-11AM

Tuesday, May 14 | 5-6PM

Tuesday, May 21 | 10-11AM

Tuesday, May 21 | 5-6PM

Tuesday, May 28 | 10-11AM

Tuesday, May 28 | 5-6 PM

24-25 Homemaker Lesson Ballot | **VOTING OPEN!!**

Enclosed, you will find the 2024-2025 Homemaker lesson ballot. Please return to the Extension Office no later than April 5th.

2 ways to vote:

Individually | place an X beside lessons you would like to vote for and return the ballot to the Extension office.

As a Club | read through the ballot at your meeting and ask members to vote for their favorite lesson ideas. Write the number of votes in your club beside the lesson and return ballot to Extension Office.

If you vote with your club, do not return an individual ballot and vice versa, if you vote individually, do not vote with your club.

Best,



FCS Agent, Homemaker Advisor