

Grayson County
Extension 
Homemakers
K E N T U C K Y

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

Enrollment Forms

Enrollment forms are available on our website or you can pick up a paper copy at the office. Dues are \$15.00 and the deadline for 2023 is November 27th.

2023-2024 Yearbooks

The 23-24 yearbooks are available for pick up at the office. You can also find it linked on our website, www.grayson.ca.uky.edu/fcs/homemakers.

Community Connection

Continued Collection – bottle caps for DAR Buddy Bench at high school. See collection barrel in foyer of Extension Office.

September – October – New or gently used t-shirts, size 4T – XL (youth sizes included) and leggings/sweatpants for youth. Donation will be made to local Family Resource Center.

Second Shirt Order

If you did not order a t-shirt the first time around, a second order will be place at the end of October. Shirts will be \$12.00 payable to the GC Homemakers. Return forms and payment to the Extension Office by October 23rd.

Volunteer Opportunities

See the attached flyers for opportunities to volunteer for The Salvation Army and the Grayson County Alliance.

November Lesson

The November Homemaker Lesson is on Emergency Health Information Cards. Each club has a representative that will attend on behalf of the club, but ALL are welcome to attend! These lessons are also open to the public, so please share!

Handy to Have: Emergency Health Information Cards
October 24th | 1:30PM | Grayson County Extension Office

An Emergency Health Information (EHI) Card can be a helpful tool to have. If you are ever in an emergency where you need immediate medical treatment, but are not able to communicate with first responders, an EHI Card can tell medical providers important information about how to help you. This lesson focuses on who can benefit from carrying an EHI card, information that should, and should not be included on an EHI Card, and where to put copies of an EHI Card.

This program will be taught by Washington County FCS Agent, Cabrina Buckman.

NEWS & NOTES

- Continued

Club and Chairman Announcements

Family and Individual Development

My name is Denise Barrett and I am the Family and Individual Development county chair this year. Our focus will be on Self Care, Self Pampering, and Mental Health. Each month I will provide information concerning these topics to better equip us in taking care of ourselves. This will help ensure we can be more prepared to care for others. In September, I provided Spiritual Self Care kits. October will cover our Intellectual Self Care. If you have any questions, feel free to text me at 270-589-0879.

Denise Barrett
Grayson County Extension Office
Family and Individual County Chair

5th Saturday

5th Saturday will be meeting on November 4th. We'll be making angel ornaments.
-Jenny

Extension News

Laugh + 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. This program takes place the third Friday of each month (October through April) from 9AM to 11AM at the Grayson County Extension Office. Complete the one time registration to receive monthly reminders and updates! Register by emailing grayson.ext@uky.edu, calling the Grayson County Extension Office at (270) 259-3492, or by visiting https://uky.az1.qualtrics.com/jfe/form/SV_8HBrWI06o4BrxZk

Cooking through the Calendar is the third Wednesday of each month (through December) 5-6PM at the Grayson County Extension Office. Sample the recipe that is featured each month in the University of Kentucky's Food & Nutrition Calendar and receive a FREE gift at every class. Advanced registration is required. Call today and save your spot!

On November 16 and December 21 at 9AM, the Grayson County Alliance will host Grayson County Extension Nutrition Educator Robin where she will be teaching a series of **free nutrition and health classes** designed to help everyone get started eating healthier on a budget! Join us for a cooking demonstration, sample a recipe, and receive recipe cards and free gift at every class. Advanced registration is required! Call the Food Pantry at (270) 259-4000 to sign up today.

Dates to Remember

October 24, 2023 | Homemaker Lesson @ 1:30PM
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

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

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



Disabilities
accommodated
with prior notification.

NEWS & NOTES

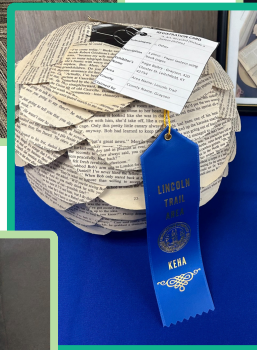
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Lincoln Trail Area Annual Homemaker Meeting | Meade County

Seven Grayson County Homemaker members attended the Lincoln Trail Area Annual Meeting, along with Agent Natalie Taul, held in Meade County on October 12th. For the first time in many, many years, Grayson County took 20 cultural arts items to be entered at the Area Level for judging! Five of those items received blue ribbons and will be moving on to the State Meeting for judging at that level in May 2024!

Congratulations to these ladies:

- Cherie Seadler
- Anna Tubb
- Donna Wilson
- Paige Bailey
- Denise Barrett



Best,

Natalie Taul

FCS Agent, Homemaker Advisor



Bell Ringing

*12 PEOPLE CAN KEEP THE BELLS
RINGING EACH DAY FROM
8:00 am to 8:00 pm @ Wal-Mart.*

Call or email today to sign up.

270-589-1991

tracy.dennison.ky@gmail.com

There are 2 hours shifts available each Monday through Saturday starting November 24th—December 23rd.



**VOLUNTEER
BELL RINGERS
NEEDED!**

Ring a bell...help change a life

*We need groups to take all day shifts on
Saturdays or after school during the week.
Plan now to make this a volunteer activity
for your group or organization this year.*

- November 1--box of cereal**
- November 2--peanut butter**
- November 3--stuffing mix**
- November 4--boxed potatoes**
- November 5--mac & cheese dinner**
- November 6--canned fruit**
- November 7--pancake mix**
- November 8--syrup**
- November 9-- tuna or chicken can or pouch**
- November 10--dessert mix**
- November 11--canned chili beans**
- November 12--rice side dish**
- November 13--box instant oatmeal**
- November 14--chili or taco dry seasoning**
- November 15--pasta (dry)**
- November 16--spaghetti sauce**
- November 17--canned diced tomatoes**
- November 18--bagged soup starter kit**
- November 19--canned soup**
- November 20--dried beans**
- November 21--can tomato juice**
- November 22--can corn**
- November 23--can carrots**
- November 24--can green beans**
- November 25--granola or fruit bars**
- November 26--paper towels, 2 pack**
- November 27--toilet paper, 4 pack**



You are invited to celebrate 2023 Thanksgiving season by giving to the GCA Food Pantry. Simply use the list provided to shop for your neighbors in need. The GOAL is 200 boxes that will be served to large families at the Food Pantry beginning in December. Your completed box can be delivered to GCA, just call to schedule drop off in early December. For more information call GCA office 270-259-4000.



*Make substitutions as needed, when possible avoid glass containers.



REVERSE
**Advent
Calendar**

Every Advent box of food will support hungry families with the



**Grayson
County
Alliance**

- December 1--box of cereal**
- December 2--peanut butter**
- December 3--stuffing mix**
- December 4--boxed potatoes**
- December 5--canned fruit**
- December 6--mac & cheese dinner**
- December 7--pancake mix**
- December 8--tuna or chicken can/pouch**
- December 9-- dessert mix**
- December 10--syrup**
- December 11--canned chili beans**
- December 12--rice side dish**
- December 13--box instant oatmeal**
- December 14--package pasta**
- December 15--spaghetti sauce**
- December 16--can green beans**
- December 17--canned diced tomatoes**
- December 18--bag soup starter kit**
- December 19--dried beans**
- December 20--can tomato juice**
- December 21--can corn**
- December 22--can carrots**
- December 23--paper towels, 2 pack**
- December 24--toilet paper, 4 pack**

*Make substitutions as needed, when possible avoid glass containers.

You are invited to celebrate the Christmas season by giving to the GCA Food Pantry.

Use the list provided and countdown to Christmas by shopping for a neighbor in need.

The GOAL is 200 boxes that will be served to larger families at the Food Pantry beginning in January. Your completed box can be delivered to GCA, just call to schedule drop off in early January 2024. For more information call our office 270-259-4000.