# RUSSELL COUNTY EXTENSION OFFICE



RUSSELL COUNTY COOPERATIVE EXTENSION SERVICE

2688 S. HWY 127 RUSSELL SPRINGS, KY 42642 (270) 866-4477 FAX: (270) 866-8645 RUSSELL.CA.UKY.EDU

# Homemaker Newsletter September 2023

UPDATES FROM THE RUSSELL COUNTY FCS AGENT

# Thought of the Month:

"Every leaf speaks bliss to me, fluttering from the autumn tree." – Emily Bronte

# Homemaker Council Meeting Scheduled!

The next Homemaker Council meeting will be held on September 25th at 5:00 PM at the Extension Office.

Prior to the HM Council meeting, Leah Cardwell (McCreary Co. Agent) will present the HM Leader Lesson on Natural Disaster Kits. This lesson will be at 4 PM. Please call 270-866-4477 to RSVP.

# **Roll Call:**

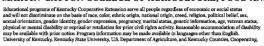
Fall begins in September. What is your favorite type of tree?

# Homemaker Dues Are Now Being Accepted!

The new fiscal year has started, which means annual Homemaker dues are due. Annual homemaker dues are \$12/year and register you as a homemaker at the county, area, and state level.

Cooperative Extension Service MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development





# Homemaker Week: October 9-13th

MONDAY (10/9): 12-2 PM Making Fleece Blankets with Quilt Guild

for the Children's Advocacy Center

MONDAY (10/9): 5-7 PM Bunco Night with Homemakers

THURSDAY (10/12): 9:30-11:00 AM Brunch with Homemakers on the Go

All events are FREE to attend, call the Extension Office to RSVP: 270-866-4477.

# Homemakers on the Go Fundraiser Discussion Meeting The homemaker council is discussing two

Hold the date of **September 14th** for a trip to **Creelsboro**!
Homemakers on the Go invite
you to join them at a luncheon
at the Creelsboro Country
store on Thursday, September
14th. If you are interested in
carpooling, please meet at the
Extension Office no later than
10:30.

Please RSVP by September 13th if you plan to attend. Call 270-866-4477.

Please bring a jar of peanut butter to the meeting, as HoG is donating items to God's Food Pantry each month. The homemaker council is discussing two different fundraising opportunities for the fall. We are looking into selling pecan halves and pieces for the fall, and selling Rada knife products.

If you are interested in either one of these fundraisers, please call the Extension Office to share your opinions!

# Russell County Health Fair

Did you all see your fellow homemakers recruiting at the Russell County Health Fair on August 21st?



# September is National Preparedness Month

SOURCE: HARDIN STEVENS, SENIOR EXTENSION ASSOCIATE, UNIVERSITY OF KENTUCKY, COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT, MARCH 2023

Since the tragic events of Sept. 11, 2001, the federal government has named September as National Preparedness Month. This is to remind and encourage all Americans to be prepared for emergencies and disasters either manmade, weather-related, or caused by other sources.

The National Weather Service encourages all households, businesses, and communities to take the following steps to prepare for a possible disaster or emergency.

- 1. Learn Your Risks and Responses Be and Stay Informed.
- 2. **Make a Plan**. Practice your plan regularly so everyone is clear about their roles.
- 3. **Build a Supply/Emergency Preparedness Kit**. Maintain items by checking expiration dates and updating items as needed or based upon your needs (young children, older adults, pets, etc.)
- 4. **Get Involved**. Before a disaster strikes, volunteer with your business or local community.
- 5. **National Preparedness Month ends Sept. 30**, which is National Preparedness Day.

In the time of a disaster or emergency, you may be on your own for 48 to 72 hours or longer before power returns or help can arrive, so prepare now so you can be ready and vigilant when the time comes.

### References:

- https://www.weather.gov/bmx/outreach\_npm
- https://www.ready.gov/september#:~:text=National%20Preparedness%20 Month%20is%20an,could%20happen%20at%20any%20time.
- https://www.epa.gov/natural-disasters/september-preparedness-month

# **Autumn Apple Pork**

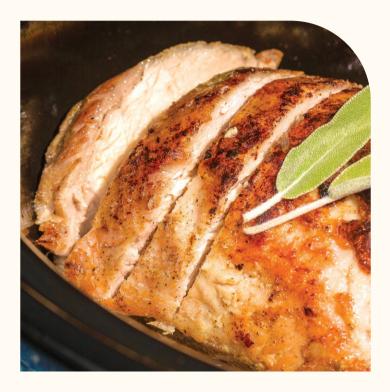
SERVINGS:8 SERVING SIZE: 4 OZ.

**Source:** Brooke Jenkins-Howard, Extension Specialist, University of Kentucky Cooperative Extension

Service

# **Ingredients:**

- 2 pound pork loin
- 1 teaspoon garlic powder
- ¼ teaspoon salt
- ¾ teaspoon dried sage
- 3 apples, cored and sliced
- ½ cup dried cranberries
- 1 tablespoon unsalted butter
- 1 tablespoon honey



### **Directions:**

- 1. Season pork on both sides with garlic powder, salt, and sage. Wrap pork tightly in foil and place in the slow cooker.
- 2.Place apple slices, cranberries, and butter on a large piece of foil. Drizzle with honey. Wrap up foil to create a packet, then place in slow cooker.
- 3. Cook for 4 hours on high.
- 4. Unwrap both packets. Slice pork and top with apples.
- 5.Optional step: brown the top of the pork loin by placing it in the oven at 425 degrees F for five to seven minutes.

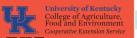
### **Nutrition Information**

220 calories; 5g total fat; 2.5g saturated fat; 0g trans fat; 65mg cholesterol; 410mg sodium; 21g carbohydrate; 2g fiber; 11g sugar; 2g added sugar; 23g protein; 0% Daily Value of vitamin D; 8% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.



# September 2023

В	Mon  4 Labor Day Office Closed  11 Sit & Sew 12-6	Tue  5  Sunset Club Mtg 6 PM	8.	Thu  Thu  7  14  HotG- Creelsboro 10:30 AM	Fri  1  1  DAY 3rd Graders  8  15
S 1	11 Sit & Sew 12-6	12 Sunset Club Mtg 6 PM		14 HotG- Cre 10:30 AM	elsboro
17 1 C P	18 Cooking Calendar: Pork Chops w/ Peaches 5PM	19 Laugh & Learn 6 PM	20	21	
24 2 C P	25 Sit & Sew 12—4 Natural Disaster Prep Class 4 PM HM Council Meeting 5 PM	26	27	28	



# **COOKING THROUGH TH** CALENDAR

**EASY DINNER RECIPE & DEMONSTRATION** 



## **SEPTEMBER 18TH, 5 PM**

2688 S. HWY 127, RUSSELL SPRINGS, KY 42642

### RSVP BY CALLING 270-866-4477





Friday, October 27th

Adair County Extension Office 409 Fairground Street, Columbia

Registration begins at 9:00 am CST Program begins at 9:30 am CST

### Join Us to Learn About:

- Creating & Maintaining Family Traditions
- Managing Holiday Finances
- Holiday Floral Arrangements
- Tasty Holiday Treats
- Family Fun for the Holidays
- And more along with Great Fellowship & Sharing!

Registration and \$10 fee due to **YOUR** County Extension Office by October 11th

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT







Presented by The Russell County Extension Office & The Russell County Public Library

> September 19th from 6-7 PM

The program is designed to help 3-5 year-olds prepare for kindergarten.

Cooperative Extension Service



