

Homemaker Newsletter

September 2023

UPDATES FROM THE RUSSELL COUNTY FCS AGENT

Homemaker Council Meeting Scheduled!

Thought of the Month:

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

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.



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 Meeting

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.

Fundraiser Discussion

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 man-made, 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%20Month%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.



MEGAN GULLETT
CEA FOR FAMILY & CONSUMER SCIENCES

September 2023

Sum	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
					FARM SAFETY DAY 3rd Graders	
3	4 Labor Day Office Closed	5	6	7	8	9
10	11 Sit & Sew 12-6	12 Sunset Club Mtg 6 PM	13	14 HotG- Creelsboro 10:30 AM	15	16
17	18 Cooking Calendar: Pork Chops w/ Peaches 5PM	19 Laugh & Learn 6 PM	20	21	22	23
24	25 Sit & Sew 12—4 Natural Disaster Prep Class 4 PM HM Council Meeting 5 PM	26	27	28	29	30

COOKING THROUGH THE CALENDAR SKILLET PORK CHOPS

EASY DINNER RECIPE &
DEMONSTRATION



SEPTEMBER 18TH, 5 PM

2688 S. HWY 127, RUSSELL SPRINGS, KY 42642

RSVP BY CALLING 270-866-4477

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Laugh & Learn

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.

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Cooperative
Extension Service

Kickstart THE HOLIDAYS

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

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