

Harlan County Extension Homemakers Newsletter August/October 2024

Cooperative Extension Service

Harlan County
519 South Main Street
Harlan, KY 40831-1911
(606) 573-4464
Fax: (606) 573-4468
harlan.ca.uky.edu

Hello, I hope this month finds you well. I am thankful to have met many of you at programs over the past couple months, and I am looking forward to meeting others at upcoming events and programs.

I am excited to announce that cooking programs will begin in October! Cooking programs have been requested by several homemakers and I am happy to say that they are on our schedule of upcoming events for Fall.

The holiday season is quickly approaching, and we have planned programming events to help you be prepared! Programs will include tips for making your home festive and holiday food prep and safety tips.

There are lots of homemaker programs and events over the next few months, so please look at the "Upcoming Events" section closely and register for programs as desired.

I look forward to seeing you soon at our scheduled programs and events!

Sincerely,



Harlan County FCS Agent

Cucumber, Corn, and Bean Salsa

Servings: Makes 20 servings Serving Size: 1/2 cup



Ingredients: • 2-3 large cucumbers • 2 tomatoes • 1 yellow bell pepper • 1 small red onion • 1/4 cup chopped fresh cilantro • 1/2 cup black beans • 1/2 cup fresh whole kernel corn, cooked • 1 ounce package dry ranch dressing mix • 1/8 cup cider vinegar • 2 tablespoons sugar, optional

Directions: 1. Wash all vegetables. Finely chop cucumbers, tomatoes, pepper, and onion. Combine in a large mixing bowl with chopped cilantro. 2. Drain and rinse beans and add to chopped vegetables. Add corn. If using canned corn instead of fresh, drain off liquid prior to adding to vegetables. 3. In a small bowl, mix together ranch dressing packet, vinegar, and sugar. Pour dressing over vegetables and mix well. 4. Serve immediately or refrigerate until chilled.

50 calories; 0g fat; 130mg sodium; 7g carbohydrates; 2g fiber; 70% Daily Value of vitamin C; 6% Daily Value of vitamin A.

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties. Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Harlan County Homemaker Clubs

Creative Cutters—2nd Tuesday of each month at 10:00 am

Jr. Homemakers—2nd Tuesday of each month at 3:30 pm

Material Girls—4th Tuesday of each month at 12:30 pm

Nifty Needles—4th Tuesday of each month at 10:00 am

Scrapmakers—1st & 3rd Tuesday of each month at 4:00 pm



The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity.

Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

Upcoming Programs and Events

Disaster Preparedness Program

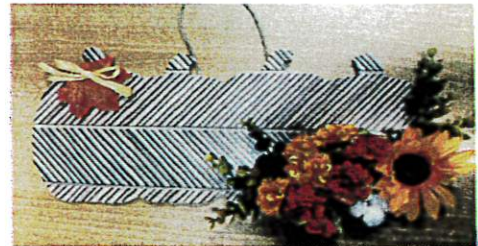
Tuesday, September 10, 2024 @ 6:00 PM

Presented by Jeremy Williams, ANR Agent, Chasity Heck, FCS Agent, and Pat Duncan, FCS Program Assistant. Participants will learn tips on how to be prepared in the event of a disaster. Program will include a “Cake In a Box” demonstration that will teach participants to bake a cake without using an oven.

Laugh, Learn, & Craft

Monday, September 16, 2024 @ 10:00 AM

Presented by Chasity Heck, FCS Agent. Session focus will be on ovarian cancer awareness and self-care. Participants will also have the opportunity to create a beautiful fall themed door hanger craft during the program. **No Cost. Registration Required. Limit 25 participants.**



Will Clinic-Free

Monday, Sep. 16th 1:30-6:30 PM

Livelihoods Knowledge Exchange Network (LiKEN) will hold a **no-cost** will-writing clinic. **There are no eligibility requirements for this free clinic but we are asking that people RSVP for a timeslot .** Participants will walk away from the program with a free simple will in hand.

Harlan County Homemaker Kick –Off Meeting

Wednesday, September 18th @ 11:00 AM

Join us for a fun filled time celebrating current Harlan County Homemakers! Current Homemakers are encouraged to invite potential Homemakers to join us and learn more about becoming a Homemaker!! Refreshments will be served. **No Cost. Registration Required.**

***UPCOMING PROGRAMS AND EVENTS CONTINUED ON PAGE 4**

***ALL PROGRAMS AND EVENTS WILL BE HELD AT THE HARLAN COUNTY EXTENSION DEPOT UNLESS OTHERWISE NOTED. REMEMBER TO CALL THE OFFICE TO REGISTER FOR PROGRAMS AND EVENTS.**

Upcoming Programs and Events

Harlan County Cultural Arts Competition @ Homemaker Kick-Off Meeting–

Wednesday, September 18, 2024

Drop off items from 9:00-11:00 AM

Items will be judged at 1:00 PM and may be picked up @ 3:00 PM

**Cultural arts category details and information included in newsletter. PLEASE REFERENCE ATTACHED INFORMATION FOR MOST RECENT CULTURAL ARTS GUIDELINES.*

2024 Holiday Ideas

Monday, Sep. 30, 2024 @ 10:00 AM Presented by Chasity Heck, FCS Agent. Participants will have the opportunity to view Holiday crafts from the Wilderness Trail Area FCS Agents and will be able to make two crafts during the session. Participants will also receive a recipe booklet of holiday recipes and sample recipes during the event. **No Cost. Registration required. Limit 25 participants.**

Breakfast/Brunch Quick Breads

Wednesday, Oct. 2, 2024 @ 10:00 AM

Presented by Chasity Heck, FCS Agent. Biscuit making will be demonstrated by Agent and participants will work in groups to make and sample the recipe. **No Cost. Registration Required. Limit 20 participants.**

Harlan County Homemakers Council Meeting

Thursday, Oct. 3, 2024 @ 10:00 AM

Homemakers will meet for their Council meeting at the Harlan County Extension Office.

***UPCOMING PROGRAMS AND EVENTS CONTINUED ON PAGE 5**

***ALL PROGRAMS AND EVENTS WILL BE HELD AT THE HARLAN COUNTY EXTENSION DEPOT UNLESS OTHERWISE NOTED. REMEMBER TO CALL THE OFFICE TO REGISTER FOR PROGRAMS AND EVENTS.**

Upcoming Programs and Events

Wilderness Trail Area Homemakers Annual Meeting, Bell County

Saturday, Oct. 19, 2024 @ 10:00 AM

WTA annual meeting will be hosted by Bell County. Exact location to be determined and announced at a later date.

Laugh, Learn, & Craft

Monday, October 28, 2024 @ 10:00 AM

Presented by Chasity Heck, FCS Agent. Session focus will be breast cancer awareness and self-care. Participants will also have the opportunity to create a beautiful fall themed pumpkin craft during the program. **No Cost. Registration Required. Limit 25 participants.**



on
have the
during

Harlan County Homemakers Scholarship Committee Fundraiser

Now-December 1, 2024

Harlan County Homemakers Scholarship Committee is hosting a “bakeless” bake sale to raise scholarship funds for Harlan county seniors. ***Flyer attached. Please return donations by 12-1-24.***

Harlan County Extension Homemakers Association Membership Dues

Sep. 1– Dec. 1, 2024

Please pay membership dues Sep. 1–Dec. 1, 2024. ***Membership Form Attached.***

***ALL PROGRAMS AND EVENTS WILL BE HELD AT THE HARLAN COUNTY EXTENSION DEPOT UNLESS OTHERWISE NOTED. REMEMBER TO CALL THE OFFICE TO REGISTER FOR PROGRAMS AND EVENTS.**

2024-2025 CULTURAL ARTS EXHIBIT CATEGORIES

Categories and Subcategories

1. SEWING (Apparel & Home Decor

- a. Basic Garment APPAREL
- b. Specialty¹ Garment APPAREL
- c. Accessory APPAREL
- d. Basic HOME DECOR
- e. Specialty¹ HOME DÉCOR

¹ b. and e. "Specialty" may include appliqued and quilted.

2. ART, 3-Dimensional

- a. Carving
- b. Sculpture

3. ART, NATURAL

- a. Wood
- b. Other

4. ART, RECYCLED (Include a before picture)

- a. Clothing
- b. Household
- c. Other

5. BASKETRY

- a. Cane
- b. Dyed Material
- c. Miniature (under 4 inch)
- d. Novelty
- e. Plain

6. BEADING

- a. Bead Weaving
- b. Non-jewelry Item/Wearable
- c. Miscellaneous

7. CERAMICS

- a. Hand-formed
- b. Molded
- c. Pre-made

8. COUNTED CROSS STITCH

- a. 14 Count & Under
- b. 16-22 Count
- c. Specialty Cloth (linens, etc.)

9. CROCHET

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans
- d. Thread

10. DOLL/TOY MAKING

- a. Cloth
- b. Handmade Toy other than Porcelain/China or Cloth
- c. Porcelain/China

11. DRAWING

- a. Pastels
- b. Pen and Ink
- c. Pen and Ink with Oil Roughing
- d. Pencil or Charcoal-Black
- e. Pencil-Color

12. EMBROIDERY

- a. Basic
- b. Candle Wicking
- c. Crewel
- d. Machine
- e. Ribbon
- f. Smocking
- g. Swedish
- h. Tatting/Lace Making
- i. Chicken Scratch
- j. Punch Needle (under 60" perimeter)
- k. Miscellaneous

13. FELTING*

- a. Needle Method
- b. Wet Method

14. HOLIDAY DECORATIONS

- a. Autumn
- b. Spring
- c. Summer
- d. Winter

2024-2025 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

15. JEWELRY

- a. Beaded
- b. Mixed Media (wire, chain maille, mixed with beads)
- c. Original Design

16. KNITTING (HAND – with knitting needles)

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans

17. KNITTING (OTHER – machine / loom)

18. NEEDLEPOINT

- a. Cloth Canvas
- b. Plastic

19. PAINTING, ART

- a. Acrylic
- b. Oil
- c. Watercolor

20. PAINTING, DECORATIVE

- a. Metal
- b. Wood
- c. Other

21. PHOTOGRAPHY (mounted or framed) **

- a. Black & White
- b. Color

22. QUILTS***

- a. Baby-size or Lap-size (hand quilted)
- b. Baby-size or Lap-size (machine quilted)
- c. Hand Appliqué (hand quilted)
- d. Hand Pieced (hand quilted)
- e. Machine Appliqué (machine quilted)

22. QUILTS*** (continued)

- f. Machine Pieced (hand quilted)
- g. Machine Pieced (machine quilted)
- h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
- i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
- j. Technology Based (hand or machine quilted)
- k. Miscellaneous (hand or machine quilted)

23. PAPER CRAFTING

- a. Card Making
- b. Origami
- c. Quilling
- d. Scrapbooking****

24. RUG MAKING

- a. Braided
- b. Hooked
- c. Punch Needle, rug (over 60" perimeter)
- d. Woven

25. WALL or DOOR HANGING

- a. Fabric
- b. Other
- c. Diamond Art Mosaic

26. WEAVING

- a. Hand (macrame, caning)
- b. Loom (includes pin weaving)

27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

** Photographs should be either mounted and/or in a frame – MATTING and/or GLASS is OPTIONAL

***Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

**** Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.

BAKELESS BAKE SALE FUNDRAISER

Many is the time I heard you say
I would rather give a "Dollar" than bake today
And so, we are asking you to help more or less
To make our Bakeless Bake Sale a big success.

Just send us the money that it would take
To bake a loaf of bread or a beautiful cake
Or send in the amount of money it takes to buy
A dozen rolls or maybe a pie
We know you can help us if you will but try.

I am buying or baking the items marked below

Items for Sale, Items you Bake/Donate

- | | |
|-------------------------------------|---------------------------------------|
| ___ Cupcakes: 2 for \$1.00 | ___ 3 Dozen Cupcakes: \$4.00 |
| ___ Chocolate Cookies: 6 for \$1.00 | ___ 3 Dozen Chocolate Cookies: \$6.00 |
| ___ Brownies: 12 for \$3.00 | ___ 3 Dozen Brownies: \$8.00 |
| ___ Dutch Apples Pie: \$5.00 | ___ 3 Homemade Pies: \$10.00 |
| ___ Strawberry Cheesecake: \$8.00 | ___ 2 Strawberry Cheesecakes: \$15.00 |
| ___ Other \$ _____ Designate Amount | |

Fundraiser sponsored by:
Harlan County Homemakers Scholarship Fund

Please make checks payable to :
Harlan County Homemakers Association
(Add Homemaker Scholarship to memo line)

Mail to: 519 South Main Street Harlan, KY 40831
Or drop off at the County Extension Office or during your monthly club meeting





University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

2024-2025 Enrollment Form for Harlan County Extension Homemakers' Association

Name _____

Address _____

Email _____

Name of Club _____

Phone: Home (____) _____ Work (____) _____

Cell (____) _____ Fax (____) _____

Birth year (Optional): _____

Race (Optional – circle one): White Black or African American
 Asian/Pacific Islander American Indian Hawaiian Other

Ethnicity (Optional - circle one): Hispanic Non-Hispanic

Gender (Optional - circle one): Female Male

First Year of KEHA Membership: _____ Total years of membership: _____

I, (print full name) _____, being eighteen (18) years of age or over, hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____

Date: _____

Witness: _____

Date: _____

The Kentucky Cooperative Extension Service is required by Federal law to collect and maintain information regarding the characteristics of the people we serve. The information you supply is voluntary. Appendix 11 June 2020

Dues: \$10.00 per Year Payable to: Harlan County Homemakers

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

UK Cooperative
Extension Service

Cooperative Extension Service
Harlan County
519 South Main Street
Harlan, KY 40831-1911

STANDARD
US POSTAGE PAID
Harlan, KY
PERMIT # 831