

Simpson County Homemaker Newsletter

SEPTEMBER/ OCTOBER 2024

 Cooperative
Extension Service



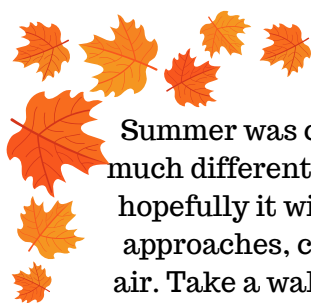
The Kentucky Extension Homemakers Association is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education.

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Contact Us:

Simpson County
Extension Office
300 N Main St
Franklin, KY 42134
(270) 586-4484
simpson.ca.uky.edu



Summer was certainly busy, and it doesn't appear that Fall will be much different! We got a little taste of cooler weather last week and hopefully it will come to stay that way soon. As the cooler weather approaches, consider taking advantage by getting out in the fresh air. Take a walk around the neighborhood or grab a friend and head for the park. Getting in a few extra steps can do wonders for your mood and burn extra calories too! September is National Self-Care Awareness Month as well as National Suicide Prevention Month. Walking and talking to someone can help fill both of these needs! As the school year starts back, we are gearing up for a new year as well. Homemaker Enrollment forms are out. Please complete a new form for this year and turn in to the extension office. All enrollment forms turned in by November 1st will be put in for a prize drawing! Please check the newsletter for dates for the multi-county leader lesson sign-ups, the Area Meeting, and officer training. As well, I am including the list of lessons for the year, so you can be thinking about what lessons you might be interested in leading.

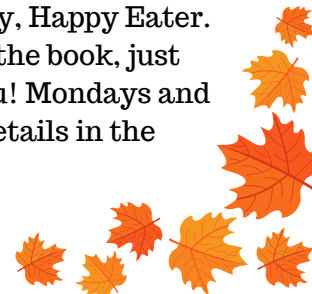
One last thing I want to note is the Big Blue Book Club is hosting a Snack Club... tune in to podcasts and talking FACs with Extension Specialists giving tips and tricks to Raising a Healthy, Happy Eater.

If you are pressed for time, you don't have to read the book, just register and listen in while they summarize it for you! Mondays and Thursdays in September (after Labor Day) See details in the newsletter!

Take Care and have a fantastic fall!

NANCY DOYLE

SIMPSON COUNTY EXTENSION AGENT FOR
FAMILY & CONSUMER SCIENCES EDUCATION



Cooperative
Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Cooking through the Calendar

FCS Agent, Nancy Doyle, will hold monthly recipe demonstrations and tastings during 2024. Everyone is welcome to come!

First Friday Monthly - 11 am
Simpson County Extension Office
September - Ramen Skillet Dinner (September 6)
October- Sweet Potato Hash (October 4)



Thought of the Month:

"Well, it's all right, even if they say you're wrong
Well, it's all right, sometimes you gotta be strong"
End of the Line
~Traveling Wilburys 1989

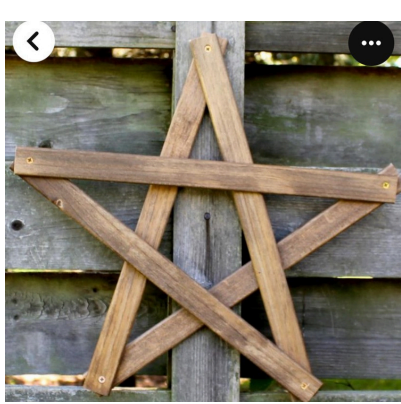
Simpson County Homemakers Annual Night



Simpson County Homemakers held their Annual Homemaker Night August 6th at the Franklin Church of Christ. A fun time was had by all and all of Simpson County clubs were well represented.

Roll Call:
Labor Day is celebrated in September.
What is the first job you ever had?






KENTUCKY COOPERATIVE EXTENSION
THE UNITED STATES DEPARTMENT OF AGRICULTURE IN COOPERATION WITH THE UNIVERSITY OF KENTUCKY


Mammoth Cave Area
Multi-county Homemaker Leader Lesson
(For October and November)

Warren County Extension Office: Sept 26th
OR
Barren County Extension Office: October 1

Tobacco Sticks Crafts: 9:30am-11am
Cake Decorating: 11am-12:30

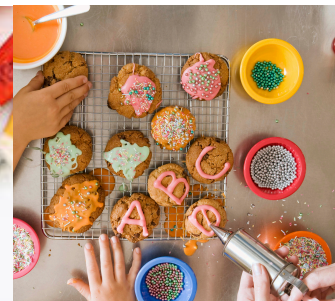
Times are the same for both days!


Please send 1 "leader" from each county club per lesson- supplies will be provided one per club

Must sign up with your agent by Thursday, Sept 12th
270-586-4484 or simpson.ext@uky.edu

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 University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating Institutions, KY 40306



Homemaker Leader Trainings

Homemaker Leader Trainings will look a little different for our October & November Lessons. You will send one leader from each county club per lesson. You must let the Extension Office know by September 12, who is attending.

September Lesson: Making a Will
Wednesday, September 4th

October Lesson: Tobacco Stick Crafts 9:30 am- 11 am
November Lesson: Cookie & Cake Decorating 11 am- 12:30 pm
Multi County Leader Training for October & November Lesson: Warren County September 26th or Barren County October 1st (see flyer above)

Extension Office Happenings



BOOKS ARE GREAT SOURCES OF INFORMATION, BUT WE UNDERSTAND THAT THE REALITY OF CARING FOR CHILDREN MAY LEAVE LITTLE TIME TO READ A BOOK OR PARTICIPATE IN A TRADITIONAL BOOK CLUB. THEREFORE, BIG BLUE BOOK CLUB PRESENTS SNACK CLUB, WHICH STANDS FOR SUPPORTING NOURISHED, ACTIVE CHILDREN IN KENTUCKY. WE WELCOME YOU TO READ ALONG BUT ARE HAPPY TO DO THE READING FOR YOU! OUR EXTENSION SPECIALISTS IN CHILD NUTRITION WILL SHARE BITE-SIZED TIDBITS OF INFORMATION ABOUT FEEDING CHILDREN OF ALL AGES IN A CONVERSATIONAL FORMAT THAT YOU CAN DIGEST THROUGH PODCASTS OR VIDEOS AT YOUR CONVENIENCE.

Mammoth Cave Area Homemaker Annual Day
October 17, 2024
9:00 A.M. CST

Munfordville Baptist Church
 501 N West St, Munfordville, KY 42765

Homemakers
Bring Your Heart to Hart County

*We will be collecting non-perishable food items for Blessing Boxes in Hart County. Please bring one or two cans per person.

Guest Speaker: Ricky Line
 Entertainment: Kendall Ford

Registration Fee: \$20
Make checks to Simpson CO Homemakers

Please call the Simpson County Extension Office to register
 270-586-4484
 Payments due by September 23rd

Cooperative Extension Service
 Agriculture and Natural Resources
 Family and Consumer Sciences
 Health, Environment, Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
 The College of Agriculture, Food and Environment is a leader in providing the highest quality of education, research, and extension services to the agricultural community. We are committed to providing the highest quality of education, research, and extension services to the agricultural community. We are committed to providing the highest quality of education, research, and extension services to the agricultural community.

Martin-Gatton College of Agriculture Food and Environment

Homemaker Officer Training

October Leader Training

For all County & Club Officers

October 9th, 10:00 am- 12:00 pm



Mammoth Cave Area Homemaker Annual Day
October 17, 2024 9:00 a.m.
Munfordville Baptist Church

Registration is due to Simpson County Extension Office
 by September 23rd. \$20, Make checks to Simpson
 County Homemakers.

Dates to Remember

September 2 - Extension Office Closed for Labor Day

September 4- Homemaker Leader Lesson Training, 10:00 am

September 6 - Cooking through the Calendar 11:00 am

September 9- Sages of All Ages, 6:00 pm
Franklin Homemakers, 6:00 pm

September 10 -MCA Cultural Arts Contest
Roundpond Homemakers, 1:30 pm

September 12 - Last Day to Sign up for Multi County Lesson

September 16-20 - Nancy out of Office for National Meeting

September 21-Craft & Car Show

September 23- Area Homemaker Annual Day Registration Due

September 26 - Multi County Homemaker Leader Lesson- Warren Co

October 1- Multi County Leader Lesson- Barren Co

October 4- Cooking Through the Calendar 11:00 am

October 13-19 KEHA Week

October 17- Mammoth Cave Area Annual Homemaker Day

Membership Drive

It is time to sign up for the New Homemaker year.

You will find a membership form in this newsletter. Please fill this out and return to your club leader or to the Extension Office. Please return and pay your dues by November 1, 2024

2025 KEHA State Meeting

2025 KEHA State Meeting Room Block Open Now – Next year's KEHA State Meeting will take place May 6-8, 2025, at Hyatt Regency in Lexington. Reserve your hotel room now in the KEHA group block! Find details at <https://keha.ca.uky.edu/content/state-meeting-information>

Volunteer Opportunity

Pecans have been ordered and are starting to arrive. We will need homemakers to sign up to sell in front of the Extension Office for the annual Car & Craft Show on September 21. If you would like to sign up, call the Extension Office at 270-586-4484



HOMEMAKER FUNDRAISER





MAMMOTH CAVE AREA: FAMILY & CONSUMER SCIENCES

Flatter to Feel Good – Know Your Season

What we wear and how we look can contribute to positive mental health. Research indicates that if you think you look good, you will feel good. So, it is important to make your clothing work for you—to flatter your best features.

One way to make sure you are using your clothing to flatter, is to know what colors look the best on you. Each person has unique skin, hair, and eye coloring. Clothing and cosmetics that complement an individual's coloring make a person appear healthier and more attractive.



You may have heard of individual color palettes or seasons. This is a collection of colors that look the best on you based on your eye color, hair color, and skin tone—including undertones.

Knowing your season can help you choose clothing and cosmetics that make your skin glow and highlight your natural beauty.

Start by Evaluating Your Skin Undertone

Those with cool undertones normally have veins on the inner wrist that appear blue. Silver jewelry normally looks better on individuals with cool undertones. These individuals fall in either the Summer or Winter color palettes.

Those with warm undertones normally have veins on the inner wrist that appear green. Gold jewelry normally looks better on individuals with warm undertones. These individuals fall in either the Autumn or Spring color palettes.



The Spring palette looks best on people with delicate golden undertones. Their hair color tends to be golden brown, golden blonde or strawberry blonde. Their eyes are usually blue, green, or golden brown. Their color palette includes: camel, apricot, turquoise, and light yellow.



The Autumn palette looks best on people with golden undertones and brown or green eyes. Autumns tend to be red-haired people or have auburn undertones in their hair. Their color palette includes: dark brown, gold, rust, and olive green.



The Winter palette looks best on people with blue or blue-pink undertones; dark hair, including black or grey hair; and deep colored eyes. Their color palette includes: black, pine green, hot pink, and true red.



The Summer palette looks best on people with blue undertones. Their hair color tends to be blonde or brown with a gray cast. They usually have blue, green, or hazel eyes. Their color palette includes: lavender, aqua, pastel blue, and pastel pink.



By knowing the colors that are most flattering for you, it will help you select clothing to build a wardrobe that will work for you!

*References: Color is Key, FCS 2844, University of Kentucky Cooperative Extension Service
Self-Care and Self-Pampering KEHA State Support Lesson*

*Sources: Jeanne Badgett, University of Kentucky Senior Extension Associate,
Amy Kostelic, University of Kentucky Extension Specialist for Adult Development and Aging*

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Fall Word Search

APPLE
 CIDER
 FALL
 FIRE
 GOURD
 LEAVES
 MUM
 PUMPKIN
 SCARECROW
 SMORES



P	R	U	K	S	N	T	G	E	G
K	N	S	E	E	Y	E	R	O	S
A	R	G	E	V	J	I	U	N	G
C	G	F	M	A	F	R	I	B	J
S	I	W	U	E	D	K	K	Z	M
E	L	D	M	L	P	F	A	L	L
R	X	I	E	M	E	L	P	P	A
O	C	M	U	R	B	G	X	G	L
M	O	P	Y	R	G	N	R	Q	U
S	C	A	R	E	C	R	O	W	F

Pumpkin Apple Muffins



Pumpkin Apple Muffins

1 ¼ cups all-purpose flour	½ teaspoon ground ginger	1 ½ cups fresh pureed pumpkin
1 ¼ cups whole-wheat flour	½ teaspoon ground nutmeg	½ cup canola oil
1 ¼ teaspoons baking soda	1 ¼ cups honey	2 cups Granny Smith apples, finely chopped
½ teaspoon salt	2 large eggs	
1 ½ teaspoons ground cinnamon		

Preheat oven to 325 degrees F. In a large bowl, **combine** flours, baking soda, salt and spices. In a small bowl, **combine** honey, eggs, pumpkin and oil; **stir** into dry ingredients just until moistened.

Fold in apples. **Fill** greased or paper lined muffin cups, two-thirds full. **Bake** for 25 to 30 minutes or until muffins test done. **Cool** for 10 minutes before removing from pan.

Note: Can substitute two cups granulated sugar for honey, decrease baking soda by ¼ teaspoon and increase oven temperature to 350 degrees F.

Yield: 18 muffins

Nutritional Analysis: 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Add Physical Activity at Home

Do stretches, exercises, or pedal a stationary bike while watching television.