

Green County FCS Extension



Cooperative Extension Service
Green County
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October 2011

Go Green, Save Green this Halloween

Costumes, candy, decorations — Halloween can be a lot of fun, but can be costly not only to your pocket book but also to the environment. Think green this Halloween! These tips will help you treat your pocket book and the Earth right on this spooky night.

Costumes:

Reuse costumes or design new costumes using clothes and materials you already have.

Hold a costume swap party. Trade costumes from previous years with friends and neighbors.

Shop at yard sales and thrift shops for clothing and accessories to make or embellish your costume.

Donate old costumes to local charities.

Decorations:

Save and reuse Halloween decorations from year to year.

Use items from your backyard or the local farmers' market. Hay bales, mums, pumpkins, gourds, fodder shocks and dried flowers, leaves and branches can be used throughout autumn, and then composted once the season is over.

Witches, bats and skeletons made from everyday materials, such as cotton balls, egg cartons and card-board, are great craft projects for kids.

Trick or Treat:

Make homemade goodies, such as cookies, caramel apples and popcorn balls, for family and friends (and their little ghosts and goblins).

Purchase treats that have a minimal amount of packaging to reduce waste.

Instead of candy, buy pencils made from recycled materials to hand out.

Buy items you and your family will enjoy, just in case you have leftovers.

Source: Ashley Osborne, Extension Associate for Environmental and Natural Resource Issues, University of Kentucky College of Agriculture



Find the Green County Family and Consumer Sciences fan page, Click "like" to keep up with FCS activities and to receive timely consumer tips. You can also follow us on Twitter! Just search **greencountyfcs!**

Dear Extension Homemaker:

I love fall! It's my favorite time of year! I was so glad to be able to visit all of you during your September meeting. Remember, if you haven't paid your dues please do so ASAP. Also, all members need to fill out a new enrollment form. Check out all the lessons each club is doing this year. Feel free to visit any club if you are interested in a topic. Happy fall!

Audrey Myers

Roll call:

Name your favorite Halloween costume from your childhood.

Thought for the Month:

*Autumn is a second spring
when every leaf is a flower.*

—Albert Camus,
Author & Philosopher

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

HOLIDAY FLAVORS & FAVORS



Saturday

November 5, 2011

Green County Extension Office

298 Happyville Road-Greensburg

9:00 C.T. ~ 1:00 C.T.

Registration will begin at 8:30 A.M. C.T.

\$10.00 Registration Fee

Lunch will be provided.

Lessons & take home ideas for:



Sweet Treats

Wrap It Up

Gifts from the Heart

Healthy Helpings

Pamper Yourself

Register by mailing the below registration form to:

Green County Cooperative Extension Service

298 Happyville Road

Greensburg KY 42743

Name: _____ County: _____

Address: _____

Email Address: _____ Telephone: _____

Kentucky Extension Homemakers Report from Alice Brown- President, KY Extension Homemakers Association

NVON-2010-2011 (National Volunteer Outreach Network)

As I reflect on the “successes” of Kentucky Extensions Homemakers, I am reminded of what can be accomplished when our members are called upon to make something happen. The members of KEHA will always be prepared to give more than 100% of what is asked of them.

The past year has again been filled with many projects from the club level to the state level that fulfills the mission of KEHA.

A total of \$16,238.00 was provided by homemakers for 4-H camp scholarships and “Power Up the Day” provided a study of the importance of physical activity and exercise to both homemakers and 4-H youth.

A continuing program for KEHA is the contribution to the Ovarian Cancer research program at the University of Kentucky. Homemakers have now contributed over one million dollars to this research program. Members are also encouraged to take the opportunity to have free ovarian cancer screenings offered for women over the age of 50 as part of this program.

In January a group from the University of Kentucky made the trip to Ghana to Kentucky Academy. Since 2008, KY. Academy has been the focus of the International Program chairman and she was able to accompany this group to Ghana. KEHA has provided children with a dining room complete with table and chairs. While there the group was able to begin work on a school garden and start a school feeding program. Over \$4900.00 was collected from homemakers for international projects.

Another ongoing program supported by KEHA is the Center for Courageous Children, a camp for seriously ill children and their families. This camp is a medical camping facility that is provided at no cost to the families.

The Management and Safety Chairman will be collaborating with the Food, Health and Nutrition chairman and the Family and Individual Development chairman to offer a Matter of Balance program. This program will be focusing on exercise and physical activity. We also have been encouraging our members for some time to “go green and recycle”. Over 3300 members reported recycling regularly and adopted energy saving practices. Over 2900 used reusable or cloth shopping bags and over 2600 used “green” cleaning products.

Cultural Arts and Heritage skills are an essential part of KEHA. Members are encouraged to participate in their county, area and state level competitions. Quilts made and given as gifts, sold or used at home totaled over 3,000. There were also 356 new barn quilts added this year in the state. Many crafts were made and sold with \$21,722.00 in sales for personal use. Proceeds from some of these sales went toward community projects such as food banks, health fairs, nursing homes, Special Olympics and ovarian cancer.

Our history states that KEHA was created to meet the needs of Kentucky women. Although changes have occurred in family structure and economics, the need to educate and build leadership in Kentucky women is still there thus the need for KEHA is still there. Working together in programs such as have been mentioned above can only serve to strengthen and empower women from Kentucky and other parts of the world.



October 9, 2011 • 2:00 - 4:00 p.m.
American Legion Park

Door prizes will be given. Activities include: Walking trail, bicycling, roller skating, jump rope contest, basketball & tennis courts, & My Plate activity
 We hope to see you there!

**October is...
 National Energy Awareness Month**

National Energy Awareness Month promotes smart energy choices and highlights supporting our economy, protecting our environment, and increasing energy independence. No matter how large the problem may appear, the fact remains that each of us is a part of the solution. Every day, each of us makes decisions that can stimulate sustainability and a new energy economy. When we put all the pieces together, all of us - the federal government, private industry, and the public - have the means to shape our energy future and move our nation toward energy independence.

**Slow Cooker Beefy
 Vegetable-Barley Soup**
Makes 6 servings

- 1 1/2 lb. beef stew meat
 - 1/2 cup frozen chopped onion, thawed
 - 1/2 cup uncooked medium barley
 - 2 cans (14 oz. each) beef broth
 - 1 cup water
 - 1 tsp. dried thyme leaves
 - 1 tsp. dried marjoram leaves
 - 1/2 tsp. salt
 - 1/4 tsp. pepper
 - 2 cups frozen mixed vegetables, thawed
- Cut beef into bite-sized pieces if desired. In a 3 1/2 to 4 quart slow cooker, mix all ingredients except mixed vegetables. Cover; cook on low heat setting 8 to 10 hours. Add mixed vegetables. Increase heat setting to high. Cover; cook 20 to 30 minutes or until vegetables are crisp-tender.



Per Serving: 330 calories; 14g fat; 22g carbs; 880mg sodium

Source: Small Steps Soups, Gallatin County Extension Office

MEMBERSHIP RENEWAL....

It's time to renew your membership to the Green County Extension Homemakers. Membership renewal is due **November 1**. Dues are \$8.00 per year. **Make checks payable to Green County Extension Homemakers.**

Club Members: Turn in your dues to your Club Treasurer. **Mailbox Members:**

Use the form below and return to :

*Green County Extension Office
 298 Happyville Road
 Greensburg, KY 42743-9498*

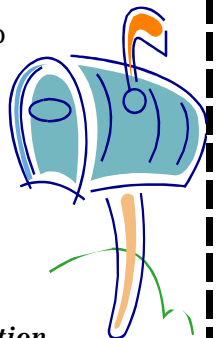
Please renew my **Mailbox Membership** to the **Green County Extension Homemakers Association.**

NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____



Give the gift of club or mailbox membership to a friend or loved one today!

Gift Membership ~ Given By: _____

Green County Extension Homemakers 2011-2012 Lessons

Mae's Homemakers

(Mae's Meeting Policy~ In case of cancellation, the meeting will be made up the following Thurs.)

Oct. 6 @ 5:30 Ext. Office; **Crockpot Cooking** Sue Avery: hostess

Nov. 3 @ 5:00 Ext. Office; **Taming the Tube**

Dec. 1 @ 5:00 Ext. Office **Holiday Get Together**

Jan. 12 @ 5:00 Ext. Office; **Don't Let Falls Get You Down**

Feb. 9 @ 5:00 Ext. Office; **Meditate, Breathe and Stretch**

March 8 @ 5:00 Ext. Office; **Gluten Free Living**

April 5 @ 5:30 Ext. Office; **Spring Cleaning and Green Products**

May 3 @ 5:30 Ext. Office; **Go Fish!**

Town and Country Homemakers

Oct. 17 @ 6:00 Susan Vidal's home; **Personality Test** leader: Mary DeSpain

Nov. 14 @ 6:00 Ext. Office; **Snowman Sweatshirt** leader and hostess: Mary DeSpain

(Please bring a white sweatshirt)

Dec. 12 @ 6:00 Ext. Office; **Holiday Get Together** hostess: Cheryl Blakeman POTLUCK MEAL

Jan. 16 @ 6:00 Judy Simpson's home; **The New Dietary Guidelines** leader: Judy Simpson

Feb. 13 @ 6:00 Ext. Office; **Home Décor on a Dime: Pillow Covers** leader: Audrey Myers; hostess: Corinne Rogers *(please bring a sewing machine if you have one, thread, mat, rotary cutter, quilting ruler, 1 yard of fabric and a pillow if you have one)*

March (TBA) @ 6:00 (TBA); **Gluten Free Living**

April 9 @ 6:00 Ext. Office; **Mediate, Breathe and Stretch** leader: Susan Vidal; Patsy Pruitt: hostess

May 14 @ 6:00 Eleta Johnson's; **Fancy Flowers** leader: Linda Milby; hostess: Eleta Johnson

Summersville Homemakers

Oct. 11 @ 5:30 Ext. Office; **Don't Let Falls Get You Down** leader: Mary Lynn Chaudoin; hostess: Carolyn Scott

Nov. 8 @ 5:30 Ext. Office; **Tame the Tube** leader: Carolyn Scott; hostess: Mary Lynn Chaudoin

Dec. 13 @ 5:30 (TBA) **Holiday Get Together** *(dessert will be at the Hobson House)*

Jan. 10 @ 5:30 Ext. Office; **New Dietary Guidelines** leader: Mary Hays; hostess: Vickie Gray POTLUCK MEAL

Feb. 14 @ 5:30 (TBA) **Spring Cleaning and Green Products** leader: Mary Lynn Chaudoin; hostess: (TBA)

March 13 @ 5:30 Ext. Office; **Gluten Free Living** leader: Mary Hays; hostess: Mary Lynn Chaudoin POTLUCK MEAL

April 10 @ 5:30 Ex. Office; **Meditate, Breathe, and Stretch** leader: Duval Hay; hostess: Frances Sparks

May 8 @ 5:30 Ext. Office; **Social Networking** leader: Linda Milby; hostess: Nancy Loyall

Highland Homemakers

(Highland's Meeting Policy~ In case of cancellation, the meeting will be made up the following Tuesday)

Oct. 18 @ 10:30 Ext. Office; **Civil War Meals & Fleece Blanket** leaders: Maxideen Pruitt & Bernadine Sullivan *(please bring your assigned recipe and 1 1/2-2 yards of fleece in 2 colors, and a rotary cutter, mat, pinking shears or scissors, ruler and straight pins.)*

Nov. 15 @ 10:30 Ext. Office; **Recycled Gift Boxes** leader: Maxideen Pruitt; hostesses: Anne Frank & Betty Gay Lowe *(please bring at least 2 old Christmas cards, 7x9 inches, elmers glue, and large paper clips)* POTLUCK MEAL

Dec. 20 @ 10:30 (TBA) **Tea & Gift Exchange Holiday Party** hostess: Margaret Larimore & Maxideen Pruitt *(Please bring a \$5.00 gift)*

Jan. 17 @ 10:30 Ext. Office; **Crockpot Cooking** leader: Gilda Keltner; hostess: Celsie Stewart POTLUCK MEAL

Feb. 21 @ 10:30 Ext. Office; **Country Women of the World** leader: Celsie Stewart hostess: Janet Laramore & Louella Ronald Chaney *(Please bring an international dish)* POTLUCK MEAL

March 20 @ 10:30 Ext. Office; **Don't Let Falls Get You Down** leader: Janet Laramore; hostess: (TBA) *(eat out for lunch)*

April 17 @ 10:30 Longhunter's Tea & Coffee Shop; **Green County History Museum** hostess: Louella Ronald Chaney

May 15 @ 10:30 Ext. Office; **Learning Styles** leader and hostess: Gilda Keltner POTLUCK MEAL

October

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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

3: Matter of Balance @ 10:00-12:00

5: Adult Day Care @ 9:15

5: Adanta @ 10:00

6: Mae's Homemakers @ 5:30

9: 2nd Sunday @ American Legion Park 2:00-4:00

10: Matter of Balance @ 10:00-12:00

11: Summersville Homemakers @ 5:30

17: Matter of Balance @ 10:00-12:00

17: Homemaker Council Meeting @ 4:00

17: County Extension Council Meeting @ 5:30

17: Town & Country Meeting @ 6:00

18: Highland Homemakers @ 10:30

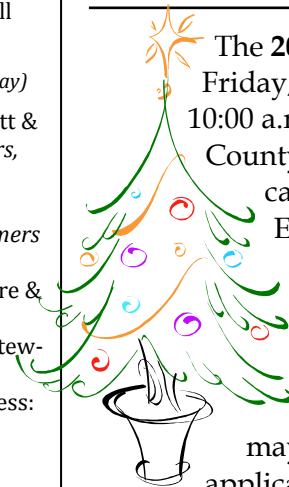
24: Matter of Balance @ 10:00-12:00

24: Circle of Friends @ 6:00

25: What's in a Doctor's Bag @ 8:30

25: Young Homemakers @ 5:30

31: Matter of Balance @ 10:00-12:00



The **2011 Holiday Bazaar** will be Friday, November, 18th from 10:00 a.m. to 5:00 p.m. at the Green County Extension Office. Anyone can sell at the Bazaar! For Extension Homemaker members, the cost will be \$5.00 per table and non-members \$10.00 per table. You will be able to keep any proceeds you may earn. To request a booth application, please contact the Extension Office. This is a great way to support local crafters and get some great gifts for the holidays. Pictures with Santa will also be available.

COOPERATIVE
EXTENSION
SERVICE



**Cooperative Extension
Service**
*University of Kentucky
Green County
298 Happyville Road
Greensburg KY 42743-9498*

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Homemaker Lesson continued from page 5

Circle of Friends

(Circle of Friends Meeting Policy~ In case of cancellation, the meeting will be made up the following Monday.) NOTE: Please bring a light snack every month.

- Oct. 24 @ 6:00 Ext. Office; **Home Décor on a Dime: Pillow Covers** leader: Audrey Myers *(please bring a sewing machine if you have one, thread, mat, rotary cutter, quilting ruler, 1 yard of fabric and a pillow if you have one)*
- Nov. 28 @ 6:00 Ext. Office; **Holiday Gifts & Decorating** leader: Linda Milby *(Please bring \$5.00 for supplies)*
- Dec. 19 @ 6:00 Ext. Office; **Goodie Exchange & Wrapping Party** *(bring items to wrap)*
- Jan. 30 @ 6:00 Ext. Office; **Repurposing Fabric: Locker Hooking** leader: Linda Milby *(Please bring \$10.00 for supplies)*
- Feb. 27 @ 6:00 Ext. Office; **Preserving Our Heritage with Quilts** leader: Christy Frazier *(supplies TBA)*
- March 26 @ 6:00 Ext. Office; **How to Make a Rain Barrel** leader: Angelina Alcott *(supplies TBA)*
- April 30 @ 6:00 Ext. Office; **Spring Décor** leader: Cassy Edwards *(supplies TBA)*
- May 21 @ 6:00 Ext. Office; **Seat Weaving** leader: Audrey Myers *(Please bring a chair without a bottom or \$15.00)*

Young Homemakers

NOTE: Please bring a light snack every month.

- Oct. 25 @ 5:30 Ext. Office; **Easy As Pie!** leader: Cheryl Blakeman
- Nov. 29 5:30 Ext. Office; **Pillow Covers and Pillowcase Dresses** leader: Audrey Myers *(please bring a sewing machine if you have one, thread, mat, rotary cutter, quilting ruler, 2 yards of fabric and a pillow if you have one)*
- Dec. 20 5:30 Faye Hawes' home; **Holiday Get Together**
- Jan. 31 5:30 Ext. Office; **Crockpot Cooking** leader: Danielle Jefferies
- Feb. 28 5:30 Ext. Office; **Pastries** leader: Kim Arps
- March 27 5:30 Ext. Office; **Saving Money: Spring Decorations** leader: Mary Newcome *(supplies TBA)*
- April 24 5:30 Ext. Office; **The Kentucky Derby** leader: Faye Hawes *(supplies TBA)*
- May 29 5:30 Ext. Office; **Composting** leader: Audrey