

Homemaker Newsletter

October 2024

RUSSELL COUNTY EXTENSION OFFICE
2688 S. HWY 127
RUSSELL SPRINGS, KY 42642
(270) 866-4477
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RUSSELL.CA.UKY.EDU

Thought of the Month:

"Just keep movin'
down the line"
*[It's a] Long Lonely
Highway*
Elvis Presley 1964

Homemaker's Week is in October!

October is KEHA Homemaker's Week. Russell County Homemakers are welcome to join Sue Foley, the Russell County Homemaker President, and Megan Gullett on **October 3rd, at 2 p.m.** at the Courthouse in Jamestown for the signing of the Proclamation of Homemaker's Week with Judge Executive Randy Marcum.

Pecans are now for sale, pecan pieces for \$12/bag (1 lb. bags) and pecan halves for \$15/bag (1 lb. bags). Contact Melonie Eubank for more information.

Roll Call:

October is national book month. What is a good book you've read recently?

The next council meeting will be held on Monday, **October 28th** at 5 PM. Debbie Messenger, Cumberland County FCS Agent, will discuss Healthy Eating Around the World on **October 21st, at 4 PM.** Please call to RSVP if you plan to attend.



Club Meeting Information

Homemakers On the Go

The Homemakers On the Go will meet on **October 10th**, to travel to Campbell's Creelsboro Country Store. Those wishing to carpool should plan to meet at the Extension Office at 10 AM. Please call 270-866-4477 to RSVP by October 7th or reach out to Donna Robertson.

The Piecemakers Quilt Guild

The Quilt Guild will be meeting on **October 14th** and **28th**, starting at noon, for their monthly meeting. Please contact Cindy Mills for more information.

Sunset Club

The Sunset Club will meet on **Saturday, October 19th, at 11 a.m.** at Haney's Apple Farm. Please reach out to Susan Adams for more information.

Homemakers by Heart

Homemakers By Heart will meet on **October 21st at 6 p.m.** for a Sock Pumpkin class. Please RSVP with Caitlyn Helm or the Extension Office by October 18th. There may be a small fee for the class.

Crafty Bees

The Crafty Bees will meet on **October 22nd** at 5:30 p.m. for a Pumpkin Wine Glasses class, cost \$5. Please feel free to contact Melonie Eubank for more information.

HOMEMAKER'S WEEK OCTOBER 14TH-18TH

Monday

10:00 AM: Paper
Flowers Craft

5:00 PM: Tie Blankets
for Child Advocacy
Center

Wednesday

10:00 AM: HOTG
Sponsored Brunch.

Noon: Food Pantry
Birthday Bags

Thursday

5:30 PM: Bunco Night
at the Russell County
Public Library. Bring
snacks and a drink.

Friday

7:30 AM: Pecan sales
at the Russell County
Extension Office.

Reminders

For any event you plan to attend, please call the Extension Office to RSVP (270-866-4477). If you plan to bring a dish, please let them know as well.

THIS WEEK

Find Fitness Motivation by Joining a Group

SOURCE: KATHERINE JURY, EXTENSION SPECIALIST FOR FAMILY HEALTH

If you have decided to start, maintain, or increase the amount of physical activity in your daily life, you are likely aware of the many health benefits of being active. Exercise is good for your heart, lungs, muscles, and bones. It leads to improved mood, better sleep, more stamina, and increased brain function, among other benefits!

However, many people struggle with maintaining exercising on a regular basis and staying consistent. One way to maintain the motivation to exercise is by joining a group. Whether you enjoy walking, running, dancing, lifting weights, tai chi, or other forms of activity, finding other people to be active with can provide accountability and increase your odds of being active on a regular basis.

If you are looking for a group to join, think about fitness opportunities in your community. Contact your local recreation center or parks department to see what they coordinate. Many gyms offer group fitness classes that you could join, as well. Alternatively, if you know of family members, friends, or neighbors who enjoy the same activities you do, you could organize a group of your own! Decide on a mutually convenient time and place to meet. Trade off sending reminders and encouragement to each other.

Reference:<https://www.cdc.gov/physicalactivity/community-strategies/social-supports.html>

Beef and Broccoli Stuffed Potatoes

SERVINGS:4 SERVING SIZE: 1 POTATO RECIPE COST:\$6.54 COST PER SERVING:\$1.64

SOURCE:BROOKE JENKINS-HOWARD, NUTRITION EDUCATION PROGRAM EXTENSION SPECIALIST
UNIVERSITY OF KENTUCKY COOPERATIVE EXTENSION SERVICE


Ingredients:

- 4 large potatoes, baked
- 8 ounces lean ground beef
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 10-ounce package frozen chopped broccoli
- 1 cup low-fat shredded cheddar cheese




Directions:

- In a skillet, cook ground beef over medium heat, breaking up beef until coarsely chopped; cook until no pink remains.
- Drain fat off browned beef.
- Return ground beef to skillet; add onion powder, garlic and frozen broccoli.
- Cover and cook beef and broccoli mixture 8-10 minutes over medium heat.
- Sprinkle cheese over mixture; cover pan until cheese melts.
- To serve, place one baked potato on each plate; cut potatoes widely open.
- Top each potato with one-fourth of the beef broccoli mixture.
- Serve immediately.

 520 Calories; 13g total fat; 6g saturated fat; 0g trans fat; 65mg cholesterol; 280mg sodium; 71g total carbohydrate; 7g fiber; 3g sugar; 0g added sugar; 34g protein; 0% Daily Value vitamin d; 25% Daily Value calcium; 35% Daily Value iron; 40% Daily Value potassium.

October 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 HM Proclamation 2 PM Pasta Class 5 PM	4	5
6	7 10 AM Sit & Sew 12 PM Tie Blankets 5 PM	8	9	10 Homemakers on the Go MTG 10 AM	11	12
13	14 Paper Flowers 10 AM Sit & Sew 12 PM Tie Blankets 5 PM	15	16 HOTG Sponsored Brunch 10 AM Food Pantry Bags 12 PM	17 BUNCO Night @ The Library 5:30 PM	18 Pecan Sales @ Extension Office 7:30 AM	19 Sunset Club 11 AM
20	21 HMLL 4 PM Cooking the Calendar 5 PM Homemakers By Heart 6PM	22 Lunch and Learn @ Library 12 PM Crafty Bees 5:30 PM	23	24 Making Bacon and Breakfast Sausage 5PM	25	26
27	28 Sit & Sew Noon HM Council MTG 5 PM	29 MCV Beginner Sewing 5:30 PM	30	31 		

DIY PINECONE WREATHS

NOVEMBER 4TH
10AM-NOON & 5PM-7PM



Join the Russell County Extension Office to learn how to upcycle common items to make a pinecone wreath for the holidays!

2688 S. HWY 127, Russell Springs, KY 42642

Call 270-866-4477 to **RSVP**



 Cooperative Extension Service

Cooking through the Calendar

Sweet Potato Hash

Free recipe demonstration & sampling

When: October 21, 2024 at 5:00 p.m.

Where: Russell County Extension Office
2688 South Highway 127
Russell Springs, KY 42642

Please RSVP by calling 270-866-4477
by October 14, 2024.

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506.



 Martin-Gatton College of Agriculture, Food and Environment
University of Kentucky.

SAUSAGE, BACON & MEAT SMOKING BASICS

CLASS: BREAKFAST SAUSAGE & BACON BASICS

WHEN: THURSDAY, OCTOBER 24TH
5:00 PM CST

WHERE: 2688 S. HWY 127
RUSSELL SPRINGS, KY 42642

&

CLASS: SUMMER SAUSAGE & MEAT SMOKING BASICS

WHEN: MONDAY, NOVEMBER 11TH
5:00 PM CST

WHERE: 2688 S. HWY 127
RUSSELL SPRINGS, KY 42642

YOU MUST CALL THE EXTENSION OFFICE AT 270-866-4477 TO REGISTER FOR THESE CLASSES!

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506.



GETTING TO KNOW YOUR SEWING MACHINE WORKSHOP

Friday, November 8, 2024
10:00 a.m. CT
Russell County Extension Office

With FCS Agent Debbie Shepherd



OBJECTIVES:

- Understanding sewing machine parts & functions
- Utilizing sewing machine owner's manual

PARTICIPANTS NEED TO BRING:

- Sewing machine in good working order
- Manual for sewing machine
- Two empty bobbins
- Sewing machine foot pedal
- Power cord for sewing machine
- Extension cord

Register: 270-866-4477

An Equal Opportunity Organization.

 2688 S. Hwy 127
Russell Springs, KY 42642

SEWING WORKSHOP

Learn to Make Your Own Pillowcase!

With FCS Agent Debbie Messenger



NOVEMBER 11TH, 2024
10 AM

**AT THE RUSSELL COUNTY
EXTENSION OFFICE**

2688 US-127, Russell Springs, KY 42642

TO REGISTER: (270) 866-4477

Participants will need to bring the following materials:

- 1 yard of cotton fabric (no directional patterns for the main fabric)
- 1/3 of a yard of cotton fabric for the cuff (no directional patterns for the border fabric)
- 1/4 of a yard of cotton fabric for the accent strip
- Matching thread
- Sewing machine (machines will be available upon request)

**Free
Class**

