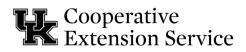
RUSSELL COUNTY EXTENSION OFFICE



Homemaker Newsletter October 2024

RUSSELL COUNTY EXTENSION OFFICE 2688 S. HWY 127 RUSSELL SPRINGS, KY 42642 (270) 866-4477 FAX: (270) 866-8645 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.

Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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

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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.

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/communitystrategies/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
- 110-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.

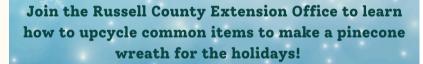


520 Calories; 13g total fat; 6g saturated fat; 0g trans fat; 65mg cholesterol; 280mg sodium; 71g total carbohydrate; 7g fiber; 3g sugar; 0g added sugar; 34g protein; 0% Daily Value vitamin d; 25% Daily Value calcium; 35% Daily Value iron; 40% Daily Value potassium.

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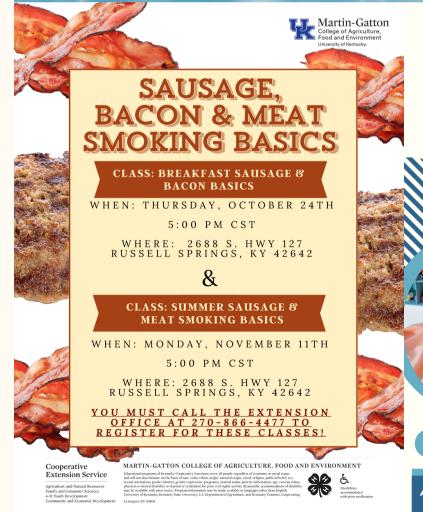
DTY PINECONE WREATHS **NOVEMBER 4TH**

IOAM - NOON & 5 PM -7 PM



2688 S. HWY 127, Russell Springs, KY 42642

Call 270-866-4477 to RSVP



Cooperative Extension Service **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

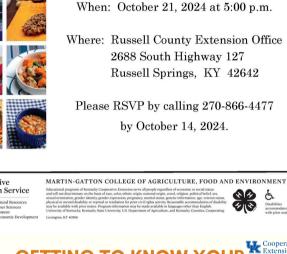
OBJECTIVES:

- 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







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



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





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)

Extension Service

Cooperative

Free

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

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