

Allen County Homemakers Newsletter

Winter / Spring 2024



Check out what's new & upcoming for Allen County Homemakers in 2024! Don't forget to attend a regular monthly meeting in January. In February we have an exciting event happening in conjunction with Heart Healthy Month. There will be information booths, classes and workshops offered. The program will be offered from 5 pm to 7 pm on February 8, 2024 with instruction on the AED device and hands-on CPR training.

March is National Quilting Month. We are offering a full day of sewing and quilt making classes. Mark your calendars for March 16th. Would you like to piece a quilt top? There will be two classes offered, a beginner class geared to teenagers or adults just learning and a class for those who want to sharpen their skills. There will be hand quilting classes, along with hand sewing and embroidery classes.

April is the month to put the finishing touches on all those club projects you have been working on. Make sure you have counted all your volunteer hours, they do matter to our community.

May will be our Annual Night Event, a great program on the Kentucky Derby. Invite your friends and neighbors to come to a Derby Party on Thursday, May 2nd. Mr. Eddie Price with the KY Chautauqua will be our highlighted speaker. The public is invited to come to this free presentation. He will speak about Roscoe Tarleton Goose, a KY Derby Winner. This will be followed by a catered meal (cost is \$10.00). Please register and pay by April 22nd at the Extension Office.

Our annual Night is also the time to recognize all the great work that our county Homemakers have accomplished. Awards will be given to outstanding Homemakers. Members are asked to submit their reports by April 22nd to the Extension Office. These reports include: Volunteer Hours, Recycle Numbers, Reading Hours, New Member Number, Club Service Projects, President Reports and Club Reports.

June 5th - June 8th is the Quilt Show. This year's theme is 2 block quilts, along with our other categories which include pieced, applique', youth, small quilts and antique. We will also have the silent block auction and the Country Store.

Remember we will have our annual yard sale in late summer or early fall. TBD

Special Points of Interest

Monthly Lessons

Homemaker
Annual Night

Homemaker
Happenings

Homemaker
Scholarship

Homemaker Club
Dates

NEP Programs

Allen County Extension Office
Office Hours
Monday - Friday
8:00 AM - 4:30 PM
(with the exception of Holidays)
Sincerely,


Anna Meador
4-H Youth Development
Extension Agent

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



Disability
accommodated
with prior notification.



The Elizabeth Turner Campbell Foundation contributed \$20,000 and The Allen County Homemakers contributed \$1,120 to fully fund The Senior Food Box Program for 2024. Attending the check presentation from left to right; Nina Jones and Donna Holzman, Allen Co Homemakers; Elizabeth Turner, Campbell Foundation Director; Dana Spencer; Allen Co UK Cooperative Extension Service Senior Nutrition Program Assistant, Nancy Owens and Allen Co Homemaker, Ann Steenbergen. For more information about the Senior Food Box Program call 270-237-3146.

MONTHLY LESSONS TOPICS

- January – Focus on Fun: PickleBall
- February – Radon
- March – Time Well Spent
- April – Green Cleaning
- May – Day Trips
- June – Travel the World Without Leaving Your Kitchen



HOMEMAKER

Annual Night



Join us for an afternoon filled with excitement, entertainment, and a little of Kentucky Derby!

Thursday, May 2, 2024 @ 5:30 PM

Allen County Extension Office

200 East Main Street, Scottsville KY 42164

270-237-3146

**Register &
Pay \$10 Fee
by 4/22**



Mr. Eddie Price with the Kentucky Chautauqua will present a program as 'Roscoe Tarleton Goose' Kentucky Derby Winner (open to the public)

OPEN TO THE PUBLIC



HEALTHY Heart EVENT

February 8, 2024
at the Allen County Extension Office
5:00 - 7:00 PM

INFORMATION BOOTHS

- Diet and Nutrition - Sodium, Cholesterol and Saturated Fats related to a healthy heart
- Free Blood Pressure Checks
- Exercise and Physical Activity - by *Alyssa Hammonds, Registered Dietician*
- Sleep and Stress - by *Brandalyn Reddick*

CLASSES

- AED - demonstration and explanation with hands-on practice
- CPR - hands-on only training for teens and adults - by *Melanie Harston*

Sponsored by the Allen County Extension Homemakers and the Allen County Health Department



Homemaker

Club Officer

TRAINING



📅 June 3rd at 5:00-6:30 PM

REFRESHMENTS PROVIDED

TRAINING TO COVER LEADERSHIP ROLES FOR:

- **Club Officer Positions:**
President, President-Elect, Vice President of Program, Vice President of Leadership, Secretary, Treasurer
- **Committee Chair Positions:**
4-H Youth Development, Cultural Arts, Family Resource & Development, Food Nutrition & Safety, Housing Energy & Environment, International



ALLEN COUNTY HOMEMAKERS SCHOLARSHIP

Calling all seniors at Allen County Scottsville High School that has completed at least 4 credits in FSC, Business & Marketing, Agriculture, or Health Science Curriculums?

HOW TO APPLY

Seniors are encourage to stop by the guidance office at the high school, go to <https://allen.ca.uky.edu/program-areas/family-consumer-sciences/homemaker-announcements> or stop by the Allen County Extension Office, 200 East Main Street, to complete the applicaton. Once completed, drop off at the Extension Office. For more information call 270-237-3146.



DUE: APRIL 1, 2024

ALLEN COUNTY HOMEMAKERS CLUB LEADER TRAINING

Dates:

- February 1st
- February 29th
- March 28th
- April 25th
- May 30th

10:00 AM at the
Allen County
Extension Office



2024 HOMEMAKERS QUILT SHOW
Participant Information

ENTRY CHECK IN: Wed. June 5th, 4 p.m.- 6 p.m.,

Thurs. June 6th, 8 a.m.- 1 p.m.

CHECK OUT: Sat. June 8th, 3 p.m.- 5 p.m.

CATEGORIES

GENERAL RULES

2024
Homemakers
Quilt Show

Theme: 2 Block Quilts

Viewing Hours:

Friday June 7th, 4:30 p.m. - 7:30 p.m.

Saturday June 8th, 9 a.m. - 3:00 p.m.

Allen County Cooperative Extension Facility
200 East Main Street

(across from US Bank) Scottsville, KY

6 Quilt Categories -Detailed on Back

Janice Walden Excellence in Hand
Quilting Award

Quilter's Country Store
Quilt Block Silent Auction

1. Theme-- 2 Block Quilts (entire quilt made up of 2 different blocks no sashing, but may have a border).

2. Youth Quilt Top Only--(made by persons 18 years old and under) No size requirement, at least 4 blocks together, must be pressed.

3. Youth Finished Quilt--(made by persons 18 years old and younger) No size requirement, at least 4 blocks together.

4. Applique

5. Pieced

6. Small Quilts
(Perimeter no greater than 140 inches)

Special Display
Antique--Made prior to 1968
(may be any size)

** Unless otherwise specified, all items must consist of a top, batting, lining, and a finished edge**

~ Entrants must complete an entry form for each quilt upon arrival at Allen County Extension office for check in. Please be prepared to list quilt pattern name & main color

~For Youth Quilt Projects: If there are not at least 3 entries in this category, the entries will be entered into appropriate category

~Special judges will select the **Janice Walden Excellence in Hand Quilting Award**

~All Awards will be selected by judges

~Only one quilt per owner/maker per category may be entered

~Participants must be a member of Allen County Homemakers or a resident of Allen County

~We reserve the right to refuse any unclean or odorous quilt for entry

For more information call the Allen County Extension Service @ 270-237-3146 or email Allen.EXT@uky.edu

SEWING and QUILT
MAKING WORKSHOP

March 16, 2024

9:00 AM - 3:00 PM

at the Allen County Extension Office

Call 270-237-3146 to RSVP!

Beginner - geared for teenagers or adults just learning

Advanced - for those wanting to sharpen their skills

CLASSES (2.5 hours)

Quilting - Hand Sewing - Tatting - Embroidery



ALLEN COUNTY HOMEMAKERS
SPRING RECYCLE DAY

DATE TO BE DETERMINED FOR APRIL!



Spring Weave April 5 – 6, 2024

The members of the Monroe County Basket Club would like to welcome you to the second South Central Kentucky MCBC Spring Weave. Our goal is to spread the love and enjoyment of basket weaving to all that participate.

Friday, April 5th

Check In: 9:00 AM

Weave: 10:00 AM – 6:00 PM

Dinner: 2:00 PM

Saturday, April 6th

Check In: 8:30 AM

Weave: 9:00 AM – 4:00 PM

Lunch: 12:00 noon

Cost will range from \$29.00 - \$75.00

For more information stop by the Allen County Extension Office and pick up the enrollment packet.

Recycling Numbers for 2023

Club	Paper	Cardboard	Glass	Tin Cans	Aluminum	Metal	Total Pounds
Spring 2023							
Buck Creek	139	437	13	0	8	0	597
Twilighters	139	84	0	0	2	0	225
Unionettes	446	105	96	23	0	9515	10185
Spring 2023	724	626	109	23	10	9515	11007
Fall 2023	Totals only						
Buck Creek							662
Twilighters							339
Unionettes							556.6
Fall 2023							1557.6
Yearly Totals							
Buck Creek	1259						
Twilighters	564						
Unionettes	10741.6						
Allen Co.							12564.6





COOKING THROUGH THE CALENDAR 2024

JANUARY 9TH @ 1:30PM & JANUARY 17TH @ 9:30 AM
 FEBRUARY 13TH @ 1:30PM & FEBRUARY 21ST @ 9:30 AM
 MARCH 12TH @ 1:30PM & MARCH 20TH @ 9:30 AM
 APRIL 9TH @ 1:30 PM & APRIL 17TH @ 9:30 AM
 MAY 14TH @ 1:30 PM & MAY 15TH @ 9:30 AM
 JUNE 11TH @ 1:30 PM & JUNE 12TH @ 9:30 AM
 JULY 9TH @ 1:30 PM & JULY 17TH @ 9:30 AM
 AUGUST 13TH @ 1:30 PM & AUGUST 21ST @ 9:30 AM

(OPEN TO THE PUBLIC)

Must RSVP!

Free Incentive at Each Class!

Allen County Cooperative Extension Office
 200 East Main Street Scottsville, Ky. 42164
 Phone: 270-237-3146 website: allen.ca.uky.edu
 Nancy Owens Senior NEP Assistant email: nancy.owens@uky.edu



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The Allen County Extension Office has a new program beginning in January 2024!

If you want to bring your family together, the kitchen is a good place to start. Cooking and eating together is a great way to build family closeness. But when budgets are tight, it is a challenge to put a meal on the table. We hope this book/classes make that process easier and more enjoyable. The way the program works is you and your child/children will cook together and then eat together at each class.

Once you have completed the program you will receive the cookbook. Other items that will help you in the kitchen will be given out at each class as well. For example, measuring cups/spoons, cutting boards, meat thermometers, and many other items. If you would like to participate, please contact the Allen County Extension Office and let us know what evenings work best for you. Once we have feedback, we will schedule the meetings.

Contact Nancy Owens @ (270) 237-3146!



2023-2024

Homemakers Club Meeting Dates

Buck Creek - 3rd Monday @ 10 AM
 Twilights - 2nd Thursday @ 1 AM
 Unionettes - 3rd Monday @ 6 PM



Cooperative Extension Services
University of Kentucky
Allen County
200 East Main Street
Scottsville, KY 42164
Return Service Requested



Strawberry Salsa

1 tablespoon olive oil

2 tablespoons white vinegar or white balsamic vinegar

½ teaspoon salt

2 cups, coarsely chopped fresh strawberries

8 green onions, chopped

2 cups chopped cherry or grape tomatoes

½ cup chopped fresh cilantro

1. Whisk olive oil, vinegar, and salt in large bowl.

2. Add strawberries, green onions, tomatoes, and cilantro. Toss to coat.

3. Cover and chill for 1 hour.

4. Serve with tortilla or pita chips.

Yield: 7, ½ cup servings.

Nutrition Analysis:

*40 calories; 2 g fat;
0 g saturated fat; 0 mg cholesterol; 170 mg sodium;
6 g carbohydrate; 1 g fiber; 4 g sugar;
1 g protein; 60% of vitamin C.*

Source: www.fruitsandveggiesmatter.gov

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

