# Homemaker Happenings



September 2025

By: Michelle Padgett

As the clubs return from their summer vacations, we have kicked off the year with numerous homemaker events scheduled from now until December. Personally, I love the fall months and cherish the holidays spent with friends and family. Let's all take a moment to be kind to everyone we meet; we never know what someone else is going through, and kindness truly goes a long way. As we prepare for this new homemaker year, I am happy to announce that we had a great turnout for our chairperson and officer training sessions. As the County Chairperson for Leadership & Development, I thoroughly enjoyed helping everyone learn about their chairperson program of work and assisting the offices and clubs as we get underway this year. As always, please encourage others to attend our Homemaker Kick-Off event on September 12, 2025.

## **Up**coming Meetings

Cookie Walk Planning Meeting September 10<sup>th</sup> & 24<sup>th</sup> at 2:30 PM

Lincoln County Homemaker Council

Meeting September 25<sup>th</sup> at 1:15 PM

October 24<sup>th</sup>
at 10AM meeting for Ovarian Tea



Michelle Padgett
Family and Consumer Sciences
Program Assistant
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# Lincoln County Homemaker Council Officers

Barb Beaney- President Phone: 859-339-8462

Charlene Archer- Vice President

Phone: 606-669-0127

Donna Furnas-Secretary

Phone: 219-306-5440

Kathy Diaz-Treasurer

Phone: 606-346-9800



# HOMEMAKERS CLUBS SCIENCES



2025-2026

OF EACH MONTH @ 9AM

Photography Club

ND WEDNESDAY EACH MONTH @ 10AM

4-Corners Club

3RD MONDAY OF EACH MONTH @ 1 PM

Pieceful Heart Quilt Club

4<sup>™</sup> THURSDAY MONTHLY @ 10AM

Happy Hearts Club

Oil Pen & Ink Club

3<sup>RD</sup> FRIDAY OF EACH MONTH @ 10AM

Sassy Stitchers Club

2<sup>ND</sup> MONDAY OF EACH MONTH @ 10AM

Mountain Crafters Club

3<sup>RD</sup> TUESDAY OF EACH MONTH AT 4PM

The County Fair Craft Club

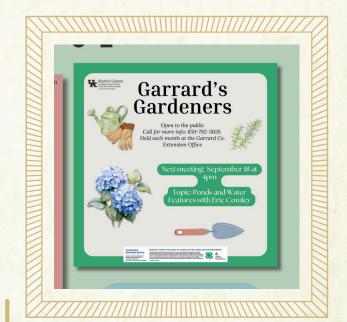
3<sup>RD</sup> THURSDAY OF EACH MONTH AT 5 PM

Chatty Scrappers Club

The Page Turners Club

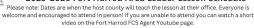
Deaf Homemaker Club







#### 2025-2026 Fort Harrod Area Leader Lesson Schedule



	August	September	October	November	January	February	March	April
Instructor	Multi County Program	Tara Duty	Alethea Bruzek	Sara Haag	Carla Carter	Hannah Thornsberry	Kayla Lunsford	Jody Paver
Lesson Title	Navigating Trauma After a Natural Disaster	Selecting Sheets	Using your AirFryer	Yogatta Try Thisl	Stretching your dollar: What to do when ends don't meet.	Mental Health Matters	Gardening Safely	How to get our of a mealtime rut.
Date/Time/ Location	August 28 <sup>th</sup> at 10AM in BOYLE COUNTY	September 23" @ 10AM in MERCER COUNTY	October I <sup>pt</sup> ⊕ 11AM in BOYLE COUNTY	November 7 <sup>th</sup> @ 10AM in JESSAMINE COUNTY	January 8 <sup>th</sup> ⊕ 11AM in FRANKLIN COUNTY	February 5 <sup>th</sup> @ 11 AM in WOODFORD COUNTY	March 26 <sup>th</sup> ⊚ 1PM in GARRARD COUNTY	April 15 <sup>h</sup> @ 10AM in LINCOLN COUNTY
Description	This lesson will focus on coping with trauma.	Covers everything you need to know about buying sheets!	This lesson will focus on what air fryers are and how they work You may even be a taste tester.	This lesson introduces yoga- what it is, why you might be interested in trying it, and some poses.	Making ends meet is getting harder in today's economy. This lesson will cover how to make your dollars and resources gor farther.	This lesson will highlight why mental health matters and draw attention to sympotoms of mental health concerns.	This lesson focuses on the health benefits of gardening, using proper motions for repetitive movements, and appropriate tools for the job at hand.	The goal of this lesson is to share creative strategies that you can use to overcome mealtime ruts and prepare meals at home.





Auction will start at 12:30 PM - 3:00 PM

At a quarter auction, attendees must first purchase a bidding paddle for \$5. Then, they convert cash into quarters for bidding. When the auction begins, the auctioneer announces items with a specific quarter bid requirement. Participants place their quarters in a container for the item they wish to bid on and hold up their paddle. A number is drawn, and if it matches a bidder who has placed their quarters for that item, they win it. This process continues until the auction ends, with participants encouraged to have fun along the way.

ITEMS TO BID ON RANGE FROM SMALL TO LARGE AND VARIOUS RETAIL PRICES



### 11:00AM - NOON SNEAK PEEK OF QUARTER AUCTION ITEMS AND LUNCH



Lincoln County Extension Office 104 Metker Trail Stanford KY 40484 Once you arrive at the Quarter Auction, these are the steps you will take:

Step #1: Each person coming to the quarter auction MUST buy at least one bidding paddle. This is not an option. Bidding paddles cost \$5.00 each. You must buy at least one paddle and you may decide to buy more paddles. You may buy as many paddles as you want.

Step #2: Each person MUST convert some amount of money into quarters. You choose the amount of money you want to convert into quarters. Let's say you have \$10 that you want to use for the auction items. You would give our county Extension Homemakers treasurer your \$10 and she will give you \$10 worth of quarters. You can always convert additional money later, if needed, during the auction. (Your converting money for use at the auction helps us with our record keeping for the auction. You cannot use your own quarters.) Now, you are ready for the quarter auction.

Step #3: Once the quarter auction starts, the auctioneer (Jody Paver) will announce an item and how many quarters it is to bid on that specific item. Most items will be a quarter or two quarter bid. A really large, super nice item would be more quarters to bid.

Step #4: If you want to bid on that specific item just announced, you would put the required number of quarters in the container for each paddle that you want to use to bid on that item. You decide which paddle(s) you want to use for bidding on that specific item. Once you put those quarters into the container, you have given those quarters to the Lincoln County Extension Homemakers Association and they stay in the container whether you win the item or not. You then hold up your bidding paddle(s).

Step #5: The auctioneer will spin a special wheel and a number will be randomly selected. IF the person with that number has bid on the item and that person is holding up their paddle with that number on it, then he/she will receive that item. If the person with that number did not bid on that item, then another number will be selected and the process continues. You have to bid by putting quarters into the container and holding your paddle up in order to be eligible to win an item—just having the number on your paddle is not enough.

Step #6: That's it! That's how it works. We just continue in this process until the quarter auction ends and you have bid on and won some items that you really love.

Step #7: Have fun and enjoy the auction!

# Join us for the

## Lincoln County Homemaker Round Up Kick-Off

SEPTEMBER 12, 2025 from 3pm-7pm at the

Lincoln County Extension Office 104 Metker Trail Stanford, KY 40484



Come meet our amazing clubs!!!

There will be:

-exciting, surprise guests
-a delicious, light meal
-raffle items (Tickets are \$1.)

Call 606-365-2447 to register.

## FALL RECIPES

### **Twice-Baked Acorn Squash**

- 2 medium acorn squash (1 - 1 1/2 pounds)
- Nonstick cooking spray
- 2 cups fresh spinach, chopped
- 4 strips turkey bacon, cooked and crumbled
- 1/2 cup grated parmesan
- 1 thinly sliced green onion
- 1 tablespoon olive oil
- 2 teaspoons garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon nutmeg

Wash hands with warm water and soap, scrubbing for at least 20 seconds. Preheat oven to 350 degrees F. Cut squash in half; discard seeds. Place squash flesh side down on a baking sheet coated with nonstick cooking spray. Bake for 50 to 55 minutes or until tender. Carefully scoop out squash, leaving a 1/4-inch-thick shell. In a large bowl, combine the squash pulp with the remaining ingredients. **Spoon into shells. Bake** at 350 degrees F for 25 to 30 minutes or until heated through and top is golden brown. Store leftovers in the refrigerator within two hours.

Serving size: 1/2 of an acorn squash.

Nutrition Analysis: 210 calories, 9g total fat, 3g saturated fat, 25mg cholesterol, 710mg sodium, 77g total carbohydrate, 4g fiber, 1g total sugars, 0g added sugars, 9g protein, 0% DV vitamin D, 15% DV calcium, 15% DV iron, 20% DV potassium





# Martin-Gatton College of Agriculture,



- okra stalks 2 tablespoons olive oil
- 2 tablespoons salt-free seasoning

#### Tangy **Dipping Sauce:**

- 1 cup plain low-fat yogurt
- 3 tablespoons mayonnaise
- 1 tablespoon dried parsley
- 2 teaspoons dried dill
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt

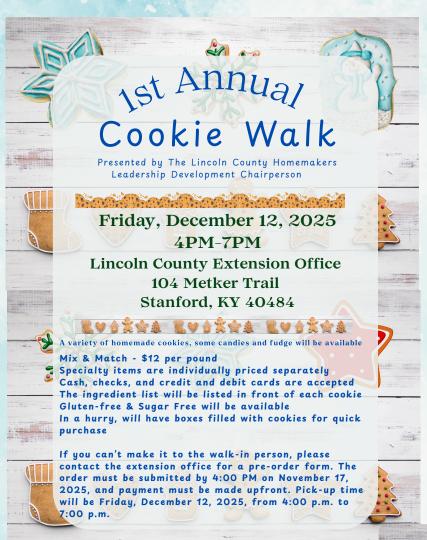
### **Air Fried Okra Tots** with Tangy **Dipping Sauce**

Wash hands with warm water and soap, scrubbing for at least 20 seconds. Cut the ends off the okra. Cut the okra into 2-inch (tater tot sized) chunks. In a large bowl, place the cut okra, olive oil, and seasoning. Toss to coat. Add to the basket of your air fryer in a single layer. Depending on the size of your air fryer, you may need to cook in batches so the okra is in a single layer, which allows air to circulate and okra to be crispy. Cook at 350 degrees F for 10 minutes or until crispy, tossing halfway through. While the okra cooks, prepare the sauce by mixing all of the ingredients in a small bowl. Refrigerate the sauce until ready to serve. Serve okra tots with tangy dipping sauce. **Store** leftovers in the refrigerator within two hours.

Yield: 5 servings. Serving Size: 1/5 of recipe. Nutrition Analysis for Okra Tots with **Tangy Dipping Sauce:** 170 calories, 13g total fat, 2.5g saturated fat, 10mg cholesterol, 330mg sodium, 14g total carbohydrate, 2g fiber, 4g total sugars, 0g added sugars, 4g protein, 0% DV vitamin D, 10% DV calcium, 6% DV iron, 8% DV potassium.

Nutrition Analysis for Okra Tots (no sauce): 70 calories, 6g total fat, 1g saturated fat, Omg cholesterol, Omg sodium, 10g total carbohydrate, 2g fiber, 1g total sugars, 0g added sugars, 1g protein, 0% DV vitamin D, 4% DV calcium, 0% DV iron, 6% DV potassium.





The Cookie Walk Committee is excited to announce the first-ever Cookie Walk! The funds raised from this event will support FCCLA scholarships and other scholarships as more resources become available over time.

The Cookie Walk is part of the
Leadership Development initiative,
led by Michelle Padgett, the
Chairperson for Lincoln County
Homemakers. We kindly ask
everyone to share this information
to help spread the word. We would
love to have you join the
committee, and we invite you or
your club to participate in our
cookie-baking days. Thank you for
your support!

# Cookie Walk Planning Meeting September 10<sup>th</sup> & 24<sup>th</sup> at 2:30 PM

We ask each homemaker to write a recipe card for a holiday dessert using one of the recipe cards printed out at the extension office. Below is an example of what the recipe cards look like. These will be printed and stapled to sell at the Cookie Walk. Please remember to date your recipe and include your name on the card when you submit it. We will accept recipes until October 31st. You may drop them off at the extension office at any

Christmas Recipe time. Thank you!

Roughly 18-22

cookies in a pound.



Check: Pickup Time:

Date Order Placed:\_\_\_\_ Cash:\_\_\_\_

# Homemaker Happenings





September 2025







Lincoln County FCS

Facebook

### Reminders

If you need to schedule an appointment with FCS agent Jody Paver, you may call the office at 606-365-2447 or email her at Jody.Paver@uky.edu.

Beginner Sewing Class

**Jody Paver FCS Sewing** 

10 AM Class & 6 PM Class

Limited seating available, must

call the extension office to

register at 606-365-2447.



Jody G. Paver

Jody D. Faver

County Extension Agent for
Family and Consumer Sciences

Jody.Paver@uky.edu

ody.Paver@uky.edu

Cooperative

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

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Disabilities accommodated with prior notification.



# Lincoln County Homemakers Minutes for August 28, 2025

### The meeting was called to order by Barb Beaney at 1:14 PM.

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Sheri Martin Sassy Stitchers,

Babette Overman-The Page Turners

Wendy Meinhardt- County Fair Craft Club

Janice Southard- Happy Hearts

Mattison Meinhardt- Mailbox

Brenda Caudill- 4 corners

Wanda Patterson- Mountain Crafters

Barb Beaney- Photo Club-President Bonnie Hill-Pieceful Hearts

### **Chairperson Present:**

Michelle Padgett- Leadership- FCS program support

Phyllis Patterson- Cultural Arts

Nell Manning- Management and safety

Charlene Archer-International, 4-H youth development, Vice President

#### Members:

Donna Furnas - Secretary

Jody Paver - FCS Agent

The minutes from the previous meeting were read, and a motion was made by Michelle Padgett to amend the meeting schedule to state that the council will not meet in June and July, with the next meeting scheduled for August. The motion was seconded by Sheri Martin. All members approved, and the motion passed. Barb reviewed the treasure report and noted that the council has approximately \$579 in the account. Wanda Patterson made a motion to accept the treasurer's report, which Phyllis Patterson seconded. The motion passed.

Donna Furnas read a thank-you note from Fort Logan Ministries, written by Stephanie Holcomb.

Barb Beaney discussed the Chairperson and Officer Training sessions conducted by Michelle Padgett, the FCS program assistant and Leadership Chair. She highlighted how informative the training was and how it has been beneficial for others to grow and learn.

If you are a chairperson or officer of a club, please reach out to Michelle to obtain your binder and review your roles and responsibilities. We appreciate Michelle's hard work.

Next, each chairperson present delivered their reports:

\*\*Cultural Arts\*\*: Phyllis Patterson discussed the recent changes to the cultural arts program. She stated that participants who live in multiple counties should choose only one county to submit their entries. The drop-off date for cultural arts items is set for March 6, 2025, from 9:00 AM to 11:30 AM, with pickup scheduled for 1:30 PM the same day. A snow date has been established for March 13, 2025. Phyllis also mentioned that more information regarding passports will be available later.

Council is seeking a volunteer to chair the Environment, Housing & Energy committee. If anyone is interested, please reach out to Barb Beaney.

Michelle mentioned that Esther is having a planning meeting for the Ovarian Tea on September 2, 2025, at the extension office. If you need to call into the meeting, please let Michelle know; it will begin at 2 PM. We need plenty of help, so please send one or two representatives to the meeting.

Barb Beaney emphasized the importance of all clubs contributing to the Homemaker Kickoff. The executive committee has put in a lot of effort into planning this event, and they are excited to welcome everyone back. We encourage everyone to invite friends, family, and neighbors to attend and join the Lincoln County Homemakers.

Currently, most of the food has been donated, but we still need cookies, brownies, and individual chip bags. We appreciate the clubs that have already contributed to the event. Remember, it takes teamwork to make any event successful, and everyone's involvement is valued. Thank you for your support! If you would like to sign up to help please contact Barb Beaney. Setup day will be 2PM on September 11, 2025.

#### **New Business:**

- Executive Committee set a date of Saturday, October 11<sup>th</sup> for the Quarter Auction. Auction items can be dropped off at the extension office prior to or on Friday, October 10<sup>th</sup>.. Event is open to the public so bring family and friends. We need volunteers to help with set-up and organizing the auction items on Oct 10th and clean-up after the event.
- Homemaker Week is October 12-18. Decorate a window at Coleman's Drug Store. Need ideas from the Council for other ways we can highlight Homemakers that week.
- Council approval to add Barb Beaney as a signer on Lincoln County Homemaker checking account. The revised Bylaws state that the Council President should be a signer on checking accounts in case the treasurer is not available for that duty. The bank requires for their records that the organization to have this update approved in the minutes.
  - A motion was made by Babette Overman to add Barb Beaney as a second signer on the Lincoln County Homemakers checking account at First Southern National Bank. The motion was seconded by Brenda Caudill, and it was approved. The motion passed. Barb Beany and Kathy Diaz will meet to complete the necessary steps for this change.

Charlene Archer from 4-H Youth Development shared that there were over 100 entries from local youth at the Kentucky State Fair. Additionally, the local fair's floral hall showcased over 300 entries from 4-H participants. 4-H is selling mums and is hosting a Pop-In event on September 15 at the extension office. Everyone is welcome to attend!

International Chair, Charlene Archer, has announced that this year's international dinner will celebrate Germany. The event will be held at the Lincoln County Extension Office on Friday, March 27, 2025, at 6:00 PM.

Everyone is welcome to join the planning committee, and a meeting date will be set soon. We kindly ask all clubs to send one or two representatives to assist with this event.

Additionally, all clubs are encouraged to discuss German recipes and consider what they would like to contribute to the menu. If you need help coming up with ideas, please contact Charlene Archer for assistance.

Leadership & Development Chair Michelle Padgett discussed the Cookie Walk and the associated fundraiser. She requested that clubs contact her and have at least one to two representatives attend, as their help would be greatly appreciated. This is a significant task, and we need many volunteers. The funds raised will go towards local youth scholarships, including, but not limited to, FCCLA, 4-H, FFA, and other organizations.

Several clubs provided updates on their activities, and we have some amazing options to explore. Please take the time to visit a new club this September, and feel free to invite friends and family—there's something for everyone. Hope to see you soon!

- Coffee and Chaos is placing a T-shirt order for short-sleeve and long-sleeve grey shirts in sizes Medium, Large, X-Large, and 2X-Large. Each shirt will include an additional charge of \$5. The total invoice for this order is \$192.00. These shirts will be available for sale at the kickoff event, and attendees will have the opportunity to try them on for preorders. Proceeds from this sale will help support next year's kickoff meeting A motion was made by Michelle Padgett to order the shirts as listed and to pay the invoice. This was seconded by Bonnie Hill, and all approved; the motion passed.
- Create a Fundraiser Committee- Barb discussed our bylaws state we need a fundraiser committee. If any homemaker would like to help with this committee, please contact Barb Beaney.
- The council meetings for November and December have been scheduled. A motion was made by Brenda Caudill to forgo the December meeting and hold the November meeting on November 20, 2025, at 2 PM. Bonnie Hill seconded the motion, and it was approved by all, resulting in the motion passing.

### **Upcoming Events-**

September 12<sup>th</sup> Homemaker Round-Up Kickoff event at the Lincoln County Extension Office 3-7pm.

September 25<sup>th</sup> at 1:15pm next Lincoln County Council meeting.

October 10<sup>th</sup> - Annual Area meeting in Garrard County. It will be held at the Lancaster Baptist Church. Check-in 9:30am.

October 11<sup>th</sup>- Quarter Auction lunch available 11am, Auction starts 12:30pm. Open to the public. Invite friends and family.

October 12-18 Homemaker Week

December 5th Friday - Ovarian Tea Fundraiser Event

December  $12^{th}$  Friday 11am-2pm – Lincoln County Homemakers Christmas Party & Ornament Exchange. Pot Luck

December 12<sup>th</sup> Friday 4pm-7pm Cookie Walk (was Cookie By The Pound). A fundraiser for the Leadership Development program for the FCCLA scholarships.

#### Adjourn

Nell Manning made a motion to adjourn at 2:53PM a second by Wanda Patterson all approved motion passed.