# HOMEMAKER HAPPENINGS

606-365-2447



104 METKER TRAIL STANFORD KY 40484



LINCOLN.EXT@UKY.EDU



#### **Leadership Lincoln County**

Welcome to our new Leadership Lincoln County group. These women will work with last year's group to learn, grow, and lead more effectively in the future.

### **UPCOMING EVENTS**

#### \* Homemaker Kickoff

September 12, 2025

Become a Homemaker at our Homemaker Round Up event. 3PM-7PM

#### \* Fort Harrod Area Annual Meeting

October 10, 2025

The Ties That Bind: The History of Aprons and Homemaking in Appalachia. PS get your aprons ready for this event.

#### **Quarter Auction**

October 11, 2025

Homemaker Fundraiser Open to Everyone and the Public.



#### THE PAGE TURNERS

Let's take a moment to welcome a new club for the Lincoln County Homemakers: The Page Turners! This club will meet on the fourth Thursday of every month at 6:30 PM. It is open to everyone and will focus on reading, crafts, and outings centered around books. Come with an open mind, and let's enjoy reading together!

Club Leader: Babette Overman

Phone: 703-586-7278



# Learning Together, Growing Stronger

Jody and Michelle are on a journey of growth and learning together. With the support of our incredible homemakers, we find the grace and courage to move forward. This year, Jody will continue to offer amazing programs, while Michelle will assist homemakers and all the homemaker clubs. It's shaping up to be an inspiring year for FCS and our homemakers—join us!

If you would like to schedule a meeting with Jody or Michelle please call 606-365-2447.



# Lincoln County Homemaker Round Up Kick-Off

**SEPTEMBER 12, 2025 3 PM - 7 PM** 

ADDRESS: 104 METKER TRAIL, STANFORD, KY 40484 PHONE: 606-365-2447

Set ready for an exciting evening at the Lincoln County Homemaker Round Up Kick-Off! Keep This is your chance to meet all the amazing clubs! Whether you want to join one, two, or all three, come along and connect with fellow homemakers and pay your annual dues. Feel free to bring along your friends, family, and even your husband! Don't worry if you're unsure about attending—just give us a call to RSVP, and we still hope to see you there! You'll have the opportunity to meet some fantastic community partners in the foyer, along with some exciting surprise guests! We'll treat you to a delicious light meal, generously provided by donations from clubs, homemaker members, and the FCS program. Plus, get ready for some thrilling raffle items and a chance to win in our 50/50 raffle! Tickets are just \$1, and every purchase helps ensure we can keep this fabulous Homemaker Kick-Off going annually! Mark your calendar and spread the word—it's going to be an great evening! \*



# **KEHA**

# This site has tons of info to check out!

Lincoln County Homemakers

- KEHA Newsletter
- Member Resources
- KEHA Manual
- Cultural Arts
- Book List
- Reports
- Passport

- History about KEHA
- KEHA Facebook Page
- Programs of Work
- Chairpersons
- Chairpersons program of work
- So much more check it out!

### **Facebook**



Follow us on Facebook

### **KEHA Manual**





### **KEHA Website**



https://keha.ca.uky.edu/kentu cky-extension-homemakersassociation-holds-91stannual-meeting

#### Cooperative Extension Service

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, martial status, genetic information, age, veteran status, physical or mental disability or reprisal or retallation for prior civil rights activity, Reasonable accommodation of disability may be available with prior notice. Program information may be made available in alignagues other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.





# **Enrollment Form** for

Date:		
Date		

Annual Dues are \$12.50

Make checks payable to Lincoln County

Homemakers: Mail payment to Kathy Diaz
3060 KY-198, Hustonville, KY 40437-8900

# Lincoln County Homemakers

T-Shirt Size	
Name	
Address	
Email	
Name of <b>Primary</b> Club	
Other Lincoln Cty Homemaker Clubs that you	
Do you text?_ Yes	ell ()
Race:	Birth Date:mm/dd/yy
White Black or African American	Gender: Female Male
American Indian or Alaska Native	1st year of KEHA membership:
Asian/Pacific Islander	
Hawaiian	Total years of membership:
Other	Please check one for Homemaker Happenings News
	Homemaker Happenings: Emailed Homemaker Happenings: Pickup at the
Ethnicity: Hispanic Non-Hispanic	Extension Office
	hereby grant permission to the University of
Kentucky, including its affiliates and subsidiaries, and Kentucky photograph, and/or videotape me; and/or to supervise any other	
videotaping, and/or to use and/or permit others to use informatic aforementioned images in educational and promotional activities	on from the aforementioned interview and/or the
Signature:	Date:
Witness:	Date:
The Kentucky Cooperative Extension Service is required by Fed the characteristics of the people we serve. The Educational programs of the Kentucky Cooperative Extension Sen national origin, creed, religion, political belief, sex, sexual orients status, genetic information, age, veteran status, or physical or me	information you supply is voluntary.  vice serve all people regardless of race, color, ethnic origin, ation, gender identity, gender expression, pregnancy, marital
ncoln County Homemaker / Revised July 2025	
office Use:	

Please note that there is a new Homemaker Enrollment form. The executive committee reviewed, and this will help with several confusing areas on the form.

Please list a primary club; this will be the club that will be listed as a member on Pace. Other clubs are listed as club members, but whichever club you choose for your primary is where you will be listed for reporting purposes. Clubs will then get a list of people who have signed up for them as the primary club.

Members may join any other clubs as they wish. We are asking everyone to identify one club as their primary club. If a member participates in a council meeting and they are a member of a club that is not represented, they will still be allowed to be the voting member for that club at the council meetings.

# Martin-Gatton College of Agriculture,

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



College of Agriculture, Food and Environment

Please note: Datesarewhen the host county willteach thelesson attheiroffice. Everyoneis welcome and encouraged to attend in person! If you are unable to attend you can watch a short video on the Fort Harrod FCS Agent Youtube page.

	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 This!	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 28th at 10AM in BOYLE COUNTY	September 23rd @ 10AM in MERCER COUNTY	October 1st @ 11AM in BOYLE COUNTY	November 7th @ 10AM in JESSAMINE COUNTY	January 8th @ 11AM in FRANKLIN COUNTY	February 5th @ 11 AM in WOODFORD COUNTY	March 26th @ 1PM in GARRARD COUNTY	April 15th @ 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.





### HOSTED BY THE GARRARD COUNTY HOMEMAKERS

# SAVE THE DATE

Fort Harrod Area Homemakers Annual Meeting

# OCTOBER 10<sup>TH</sup> AT 10AM AT LANCASTER BAPTIST CHURCH



Lexington, KY 40506

THE TIES
THAT BIND:
THE HISTORY OF
APRONS AND
HOMEMAKING IN
APPALACHIA

REGISTRATION DETAILS COMING SOON.

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 Educational programs of Kennucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be available in languages other than English. University of Kentucky, Kentucky Statu University, U.S. Department of Agriculture, and Rentucky Controls, Cooperating.







THE MAILING LIST AND INFORMATION FOR LINCOLN COUNTY HOMEMAKERS ARE MAINTAINED USING SOFTWARE CALLED PACE.

# Info

The Lincoln County Extension Office for Family and Consumer Sciences (FCS) and the Lincoln County Homemakers is updating our records. You may receive an email or a text message from PACE Software Systems, which serves as your new account for signing up for various programs and workshops. This system will also help us maintain our mailing and emailing lists

To access your PACE account, you will need to reset your password. Please do not create a new account; use the account that has already been issued to you. If you do not take any action regarding the link sent to you, nothing will change. However, please keep in mind that if you sign up for workshops, classes, field trips, etc., we will enter this information into PACE. The system will then send you an email if your email address is on file, or a text message if your cell number is provided. The system also allows for online payments for workshops to be made as needed.



# August 28 Boyle County

The Van will leave Lincoln Co.
Extension at 9:00 am
You Must Pre-Register to ride
the van





Lesson Topic:
Navigating Trauma
after a Natural
Disaster

# Lincoln County Extension Homemaker Leader Lesson Field Trip

- Have Fun Traveling with Lincoln County
   Homemakers in the Extension Vans
- Enjoy In-depth and hands on Learning
- Visit Area Extension Offices
- Meet Homemakers from other Counties while participating in In-Person Classes
- Learn from the Fort Harrod Area FCS Agents



Call the Lincoln County Extension Office at 606-365-2447 to Register

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BY THE

# DOZEN

Made by Lincoln County Homemakers!

Indulge in our delicious cookies by the dozen and make a sweet impact! Every dollar raised will help sponsor youth scholarships right here in Lincoln County. Join us in nurturing the bright futures of our young talents!



104 Metker Trail Stanford Ky 40484

PRE-ORDERS CALL 606-365-2447











# LINCOLN COUNTY HOMEMAKERS Ovarian Tea Fundaiser & Silent Auction

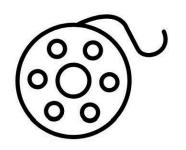
Planning Committee meeting on Monday, September 1<sup>st</sup>, at 2 PM at the Lincoln County Extension Office. To sign up for this committee, please call Esther Bailey or attend on the date above. Monies raised at this event will go to the Ovarian Cancer Research.







# Join us for classes on:



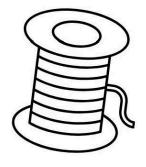
-Garment Construction

-Quilting

-Bags

-Home decor

-Accessories



# Held at Boyle County Extension Office 99 Corporate Drive, Danville, KY



For Questions, Contact:
Mercer County Extension Office
859-734-4378 or tara.duty@uky.edu

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







UFO/WIP
Project
Day will
be August
26, 2025
all day.









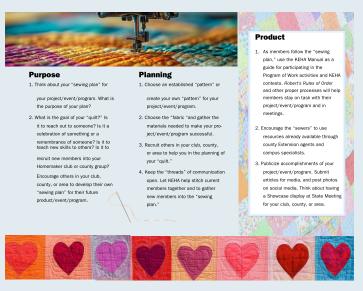
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**KEHA** 



Questions? Contact Henrietta Sheffel, KEHA President, at hsheffel@gmail.com or 606-398-2606

# HOMEMAKERS CLUB INFO



THE PHOTOGRAPHY CLUB WILL MEET ON THURSDAY, AUGUST 14TH AND VISIT MILL SPRINGS PARK NEAR MONTICELLO, KY. AFTER ENJOYING THE BEAUTY OF THE PARK AND VIEWS OF LAKE CUMBERLAND THE GROUP WILL HAVE LUNCH IN THE SOMERSET AREA BEFORE RETURNING TO STANFORD.

4 CORNERS JOIN US IN SEPTEMBER FOR OUR MONTHLY MEETING, WHICH WILL BE HELD ON THE SECOND WEDNESDAY AT 10:00 AM. DURING THIS REGULAR MEETING, WE WILL DISCUSS THE NEW FOOD AND NUTRITION PLAN OF WORK. ADDITIONALLY, WE'LL HAVE A CRAFT ACTIVITY, AND THE FEE FOR PARTICIPATING WILL BE AROUND \$10. IF YOU ENJOY MAKING CRAFTS, PLEASE BRING CASH OR A CHECK TO COVER THE FEE. WE HOPE TO SEE YOU THERE!

THE PIECEFUL HEART QUILT CLUB MEETS ON THE THIRD MONDAY OF EACH MONTH AT 1 PM. IN AUGUST, WE WILL BRING THE QUILTS OF VALOR (QOV) ITEMS WE ARE WORKING ON TO DISCUSS OUR FINISHING PLANS AND THE AWARDING PROCESS. WE WILL ALSO TALK ABOUT FUTURE PROJECTS AND HOLD A SHOW-AND-TELL SESSION.

EVERYONE IS WELCOME TO HAPPY HEARTS.

JOIN US AT 10:00 AM ON THE FOURTH

THURSDAY OF EVERY MONTH, STARTING

AUGUST 28, 2025.





OUR OIL PAINTING CLASS MEETS ON THE 3<sup>RD</sup> TUESDAY OF EACH MONTH AT 10:00 AM, STARTING IN SEPTEMBER, WORKING ON PAINTINGS USING THE BOB ROSS PAINT TECHNIQUES. HOPE TO SEE ALL MEMBERS THERE!

# SASSY STITCHERS MEET ON THE THIRD FRIDAY OF EACH MONTH STARTING AT 10AM.

THIS CLUB IS PROUD TO HAVE AN AMERICAN SIGN LANGUAGE INTERPRETER PRESENT AT ALL MEETINGS, ENSURING THAT EVERY MEMBER CAN FULLY PARTICIPATE AND CONTRIBUTE TO THE GROUP'S SUCCESS.



### **MOUNTAIN CRAFTERS**

THIS CLUB HOLDS MONTHLY MEETINGS ON THE SECOND MONDAY AT 10:00AM. ON AUGUST 11<sup>TH</sup> THE CLUB WILL PLAN THE YEAR ACTIVITIES.

THE COUNTY FAIR CRAFT CLUB WILL START MEETING ON THE 3RD TUESDAY OF EACH MONTH STARTING IN SEPTEMBER @ 4:00 PM.

THIS CLUB CREATES A CRAFT FROM A KIT PROVIDED YOU MAY PAY THE FEE FOR THE KIT AT THE MEETING.

CHATTY SCRAPERS CRAFT CLUB
WILL BEGIN MEETING ON THE 3RD THURSDAY OF
EACH MONTH AT 4:00 PM.
NEXT MEETING DATE SEPTEMBER 18TH THIS CLUB
CREATES VARIOUS PAPER CRAFTS MONTHLY.

### THE PAGE TURNERS

AUGUST: CLUB MEMBERS WILL BE REVIEWING BOOK(S) THAT THEY RECEIVED AT THE JULY MEETING, BRING THE BOOK(S) WITH YOU AS OTHERS MIGHT WISH TO SWAP. YOU WILL BE RECIEVING A RECIPE BOOK AND YOUR NEXT BOOK CHALLENGE WILL BE ANNOUNCED. WE WILL SIGN UP FOR MONTHLY SNACK HOSTESSES AND BOOK/LITERATURE MINI LESSONS. DETAILS OF THE LESSON PROGRAM WILL BE EXPLAINED.

AUGUST 28, 2025 STARTING @ 6:30 PM

# 4-H YOUTH SEWING CLUB WITH LINCOLN COUNTY HOMEMAKERS

WOULD YOU LIKE TO BE A PART OF SOMETHING GREAT? 4-H, FCS, AND HOMEMAKERS ARE EXCITED TO LAUNCH A NEW SEWING CLUB FOR OUR YOUTH, STARTING THIS SEPTEMBER FROM 4 PM TO 6 PM. WE INVITE YOU TO JOIN US AS A VOLUNTEER TO HELP MAKE A POSITIVE IMPACT IN THE LIVES OF YOUNG PEOPLE. IF YOU'RE INTERESTED IN BEING A GUIDING FORCE IN THIS JOURNEY, PLEASE CALL OR TEXT MICHELLE. TOGETHER, WE CAN CREATE A VIBRANT COMMUNITY OF CREATIVITY AND SUPPORT, ROTATING MONTHLY TO SHARE THE JOY OF MENTORSHIP.

DEAF HOMEMAKER CLUB MEETS ON THE FIRST WEDNESDAY OF EACH MONTH STARTING SEPTEMBER 3RD AT 10:00 AM. THIS CLUB GATHERS TO LEARN ABOUT COMMUNITY RESOURCES FOR HOMEMAKERS AND SMALL CRAFTS.

OCCASIONALLY, GUEST SPEAKERS ARE AVAILABLE. THIS CLUB IS OPEN TO ANYONE.

THIS CLUB IS PROUD TO HAVE AN AMERICAN SIGN LANGUAGE INTERPRETER PRESENT AT ALL MEETINGS, ENSURING THAT EVERY MEMBER CAN FULLY PARTICIPATE AND CONTRIBUTE TO THE GROUP'S SUCCESS.

### LINCOLN COUNTY HOMEMAKER COUNCIL MEETING

AUGUST 28, 2025 @ 1:15 PM

We request that each club have a representative to attend the council meetings.

Lincoln County Executive Committee	Lincoln County Chairperson	Lincoln County Chairperson
Barb Beany President Phone Number 859-339-8462	Cultural Arts & Heritage Phyllis Patterson Phone:606-706-1111	Leadership Development Michelle Padgett Phone:606-282-0515
Charlene Archer Vice President Phone Number 606-669-0127	Environment, Housing, and Energy Leoni Mundelius Phone: 606-669-8942 Family and Individual	Management and Safety Nell Manning Phone: 606-661-9700
Donna Furnas Secretary Phone Number 219-306-5440	Development Kathy Diaz Phone: 606-346-9800	International Charlene Archer Phone: 606-669-0127
Kathy Diaz- Treasurer Phone Number 606-346-9800	Food, Nutrition, and Health Esther Bailey Phone: 859-749-1314	4-H Youth Development Charlene Archer Phone: 606-669-0127



# HOMENAKERS

AT THE KENTUCKY STATE FAIR

TUESDAY AUGUST 19, 2025

VANS WILL LEAVE LINCOLN
COUNTY EXTENSION OFFICE AT
9AM PLAN TO RETURN BY 6:30PM

FREE ENTRY

EVENT HIGHLIGHTS

AG EXHIBITS--MUSIC-ANIMALS--EDUCATIONAL EXHIBITS--SHOPPING
--ALL THINGS KY--COMPETITIVE EXHIBITS

CALL THE EXTENSION OFFICE BY OR BEFORE AUGUST 18, 2025 TO SAVE YOUR SEAT LIMITED SEATS!

**SECURE YOUR SEAT** 

CALL 606-365-2447

# LINCOLN COUNTY FCS



### **Apple Sage Pork Chops**

- 1 tablespoon flour
- 1 teaspoon dried sage
- 2 tablespoons garlic powder
- 1/2 teaspoon ground thyme
- 1 teaspoon salt
- 4 boneless center cut pork chops
- 2 tablespoons oil
- 1/2 large onion, thinly sliced
- 2 thinly sliced red apples
- 1 cup unsweetened apple juice
- 2 tablespoons brown sugar (optional)

Wash hands with soap and warm water, scrubbing for at least 20 seconds. Gently clean all produce under cool running water. Mix flour, sage, garlic, thyme, and salt together in a small bowl. Sprinkle 1 1/2 tablespoons of the mixture over both sides of the pork chops. Remember to wash hands after handling raw meat. Heat oil in a large skillet over medium-high heat. Sear pork chops for 2 to 3 minutes on each side. Pan will smoke a little. Remove pork chops from the pan and set aside. Reduce heat to medium. To the same skillet, add onion and cook for 2 minutes, or until soft. Add apples, and continue cooking until tender, about 2 minutes. Add apple juice, brown sugar, and remaining spice mixture and stir to dissolve. Return pork chops to the skillet by nestling them in the pan. Bring the liquid to a boil, reduce heat to low, and simmer for 5 minutes or until the pork is cooked through and reaches 145 degrees F on a food thermometer. Refrigerate leftovers

Yield: 4 servings. Nutrition Analysis: 310 calories, 10g total fat, 1.5g saturated fat, 50mg cholesterol, 660mg sodium, 35g total carbohydrate, 3g fiber, 25g total sugars, 7g added sugars, 22g protein, 6% DV vitamin D, 2% DV calcium, 6% DV iron, 15% DV potassium.





**Lincoln County Extension Office Events** 

# **Kentucky Apples**



**NUTRITION FACTS:** Apples are high in fiber and contain a good amount of vitamin C and potassium.

SELECTION: Look for firm, crisp, well-colored fruit. Avoid those with shriveled skin, bruises, worm holes, and decayed spots. Always handle apples gently to avoid causing bruises, blemishes, or other defects.

STORAGE: Use those with bruises or skin breaks as soon as possible. Apples that are slightly underripe should be stored in a cool place to ripen. Once ripe, apples will keep a week or longer stored in the refrigerator vegetable drawer or in a plastic bag.

PREPARATION: Raw apples will darken when the cut surface is exposed to the air. Protect cut or peeled apples from darkening by squeezing a bit of lemon juice on the cut surface.

#### **Kentucky Proud Project**

County Extension Agents for Family and Consumer Sciences University of Kentucky, Dietetics and Human Nutrition students

Source: FruitsAndVeggies.org

March 2022

Buying Kentucky Vale it w Proud is easy. Look for the label at your grocery store, farmers'

market, or roadside stand PlateItUp.ca.uky.edu

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University of Kentucky College of Agriculture, Food and Environmen





Jody G. Paver

County Extension Agent for Family and Consumer Sciences

Jody.Paver@uky.edu Michelle Padgett **Family and Consumer Sciences Program Assistant** michelle.padgett@uky.edu

Lexington, KY 40506



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