

Whitley County Extension Homemakers Newsletter

FALLing for FCS...

1. Occupational Therapist Stacy Moses discussing good bladder health, 2. Linda welcoming guests at the South Eastern Kentucky Sheep Producer's Association Dinner while Ergash Aripov demonstrating deboning smoked lamb, 3. Kitana and Rory enjoying our camping theme during a Laugh and Learn Playdate, 4. Louise Branson shows off the back for her quilted jacket, 5. Linda and Colleen Brummett present community service needs during the Homemaker Kick-Off.



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Disabilities
accommodated
with prior notification.



Homemaker News



The 2025 Year is coming soon!

Pay your dues today!

Homemaker Memberships also make great gifts!

Don't Forget!

Cultural Arts Competition is October 3rd!

Bring items to the Extension Office from 9 AM until 12 Noon!



Club News



Very Busy Bees!

Our Busy Bee Friends have been very busy lately working alongside Rockholds Club Member, Colleen Brummett, to supply Comfort Pillows for Breast Cancer Patients in our community.

Colleen reached out to our sewing club with information and a pattern and before long, our Busy Bee guys and gals had worked up a storm and made several pillows. Club members recently had the opportunity to present the comfort pillows to Baptist Health Corbin Hospital staff. According to those present, the delivery of the comfort pillows was amazing! Nurses and a surgeon spoke to the members and expressed their gratitude. These pillows are needed much more than we realized! A breast cancer patient walking by even stopped to say the pillow was a life saver for her!

The Busy Bee Homemakers pictured are: Wanda Cornelius, Carolyn Falin, Thelma Hilbert, Judy Heamstead, Emily Meadors and Colleen Brummett, who we've been told is now an honorary Busy Bee!

Holiday Ideas

Thursday, October 17th 5:30 PM

**Let's Welcome in the
Holiday Season with
Ideas for Crafts,
Snacks, Decor, and More!**

**Our Goal is to Enrich
this Special Time of
Year in Ways that are
Cost and Time Efficient!**

**Register online at ukywhitley.pacecommunity.net or
by calling 606-549-1430**

 Cooperative
Extension Service

Holiday Cooking School

"Mountain Memories, Holiday Traditions"

**November 7th 5-7 PM
London Community Center**

Ticket Price: \$25

Purchase Tickets at Local Extension
Office

Price includes:

- Appalachian Home Cooking:
History, Culture, and
Recipes by Mark F. Sohn
- Recipe Samples
- Educational Demos

An equal opportunity university

Wilderness Trail Area Annual Extension Homemakers Meeting



**Saturday
October 19th, 2024**

**Bell Central School Center
9821 US-25 E, Pineville, KY 40977**

**Cultural Arts check-in and registration - 9:30am
Meeting - 10:30 am**

**Lunch & Dessert Menu: Drinks, Salad, Ham, Mashed Potatoes,
Green Beans, Rolls and Banana Pudding**

*Catered by **Cater It, LLC***

**Registration fee is \$20. To attend, visit your local
Extension Office for event registration and payment.
Please register by September 30th**

*Wear your favorite Derby Hat, UK blue, or accessorize with
anything you think represents our great state of Kentucky!*





Homemaker Community Service Work Day

Join us as we work on Community Service Projects! We will specifically be working on Knitted Knockers, pediatric and adult bibs, and breast cancer comfort pillows. This is also a good opportunity to learn/practice knitting in the round. You can bring your own community service projects to work on as well.



Beefy Stuffed Peppers

1 cup uncooked, whole wheat couscous
1 small tomato, diced
½ cup garbanzo beans
1 teaspoon dried Italian seasoning

¼ teaspoon ground black pepper
1 teaspoon salt
½ cup low fat shredded mozzarella cheese

4 large bell peppers
½ pound lean ground beef
1 tablespoon chopped green onion
1 tablespoon minced garlic

Cook couscous according to package directions. **Preheat** oven to 350 degrees F. **Combine** cooked couscous, tomato, beans, Italian seasoning, pepper, salt and mozzarella cheese in large bowl; set aside. **Remove** the tops, seeds and membranes from peppers. **Cook** peppers in boiling water for 5 minutes; **drain** upside down on paper towels. **Cook** beef until lightly browned in skillet. **Add** minced garlic and green onions to beef and sauté until

soft. **Drain** fat. **Toss** beef mixture into the couscous mixture. **Stuff** bell peppers evenly with mixture. **Place** in a lightly greased 9 x 9 inch baking dish. **Bake** for 15-20 minutes or until peppers are tender and cheese is melted.

Yield: 4 servings

Nutritional Analysis: 280 calories, 6 g fat, 2.5 g saturated fat, 35 mg cholesterol, 790 mg sodium, 36 g carbohydrate, 7 g fiber, 6 g sugar, 21 g protein



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


Linda P. Burgard

Linda Burgard
Whitley County Extension Agent
for Family and Consumer Sciences



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**For Info or
To Register**



Call
606-549-1430

Go To
www.tinyurl.com/WCPACE

Upcoming FCS Events

*Unless specified, all classes held at the
Whitley County Extension Office, 4275
N. Hwy 25W, Williamsburg, KY*

Registration required for all classes.



Homemaker Community Service Work Day September 10 | 10 AM - 3 PM | Free

Join us as we work on Community Service Projects! We will specifically be working on Knitted Knockers, pediatric bibs, and breast cancer comfort pillows. This is also a good opportunity to learn/practice knitting in the round. You can also bring your own community service projects to work on as well.

Wits Workout September 12 | 9:30 AM | Free

Maintaining a healthy brain throughout life is important for its long-term function. Join our Wits Workout class as we challenge our brains while having fun and engaging with others both intellectually and socially. After giving your brain a workout, you may be almost ready for lunch. Let's make it a party as we transition from Wits Workout to our monthly cooking demonstration class at 11 AM. During our Cooking Through the Calendar attendees will have the opportunity to discuss and sample the recipe of the month. This month's recipe - Ramen Skillet Dinner!



Cooking Through The Calendar September 12 | 11 AM | Free

Join us as we explore the recipes in the University of Kentucky NEP 2024 Calendar in this fun class. Recipes are demonstrated and then sampled. Expect class to last between 1 - 1 1/2 hours. September's recipe is Ramen Skillet Dinner!

Fabric Collage - Bluebird September 17 | 10 AM | \$10.00

During this workshop, attendees will learn the fundamentals of creating a fabric collage while working on the lovely bluebird. Your finished piece will be approximately 12" x 12" and all project supplies will be provided. No sewing skills are needed for this project but the instructor but the instructor will discuss and demonstrate techniques for embellishing using stitch work if you desire to add those elements. Once you learn this technique you will be able to create your own designs. Class size is limited and registration is required.





WTA Homemaker Council Meeting September 24 | 9:30 AM | Free

Located at Knox County Extension Office. If you are the County President, County Vice President or a Wilderness Trail Area Chairman, please plan to attend or send a representative in your place.

Whitley County Cultural Arts October 3 | 9 AM | Free

Don't miss the Annual Cultural Arts Competition. Categories were included in previous newsletters or can be picked up at the office. Drop off - 9:00 AM-12:00 PM, Judging - 12-1:00 PM, Viewing - 1-3:00 PM, and Pick Up - 3:00 PM



Pumpkin Shaped Loaves Workshop October 4 | 6 PM | \$5.00

Pumpkin shaped loaves filled with seasonal flavors are a fun addition to your Fall table. Students will learn how to make and shape this delicious bread. Students should bring a mixing bowl, sturdy whisk or wooden spoon, and a flat baking dish or pan to transport their loaf home for baking.

Holiday Ideas October 17 | 5:30 PM | Free

Let's Welcome in the Holiday Season with Ideas for Crafts, Snacks, Decor, and More! Our Goal is to Enrich this Special Time of Year in Ways that are Cost and Time Efficient. Register online at ukywhitley.pacecommunity.net or by calling 606-549-1430



WTA Homemaker Annual Meeting - October 19 | 9 AM | \$20.00

Located at Bell Central School Center. Please see flyer included in this newsletter for all information. Registration is required! Call with any questions.

Laugh and Learn October 24 | 10:30 AM | Free

Laugh and Learn Playdates are for you and your child(ren) to engage in playful activities designed to prepare them for kindergarten. Hear stories, sing songs, make crafts, play games, and enjoy a healthy snack. For children ages 3-5. Younger siblings are welcome to attend and participate as able. Playdates are held every other month. October's playdate is all about Pumpkins!



Additional Dates to Remember

Holiday Cooking School - November 7th (flyer included)

Veteran's Day Dinner - November 11th, 5:30 PM

International Event "Experience Chile" - November 19th, 5:30-7:30 PM



University of Kentucky
 College of Agriculture,
 Food and Environment
 Cooperative Extension Service

Whitley County
 P.O. Box 328
 4275 N Hwy 25W
 Williamsburg, KY 40769

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September 2024

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October 2024

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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

DATES TO REMEMBER:

7th- Farmer's Market at Goldbug
 10th- Community Service Workday
 12th- Wits Workout
 12th- Cooking Through The Calendar
 14th- Farmer's Market at Goldbug
 17th- Fabric Collage - Bluebird
 24th- WTA Council Meeting

3rd- Cultural Arts
 4th- Pumpkin Shaped Loaves Workshop
 17th- Holiday Ideas
 19th- WTA Annual Homemaker Meeting
 24th- Laugh and Learn