

Whitley County Extension Homemakers Newsletter



Scenes from our
2023-2024
Homemaker
Kick-Off Event,
"Let's Taco 'bout
Homemakers!"



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

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, 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 made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



 Disabilities
accommodated
with prior notification.



Club News



Homemaker Advisory Council Meetings

October 19, 2023
January 25, 2024
April 25, 2024

All meetings will be held at the Goldbug office unless noted otherwise.
Meetings will begin at 1:00 pm.

ATTENTION: CLUB PRESIDENTS!

Don't forget - each club is responsible for 150 small items to put in the bags for the Wilderness Trail Area Annual Meeting in October. **We will be meeting on October 19th, immediately following the advisory council meeting to "stuff bags"**. Call with questions.

Threads Homemaker Club

Our new specialty Homemaker Club focused on textiles and fiber skills/art will meet from 3 - 6 PM on the first and third Tuesdays of every month at the Goldbug office. September's lesson will be on knitting. New members are welcome - call with questions.

Does Your Club Have News or an Event to Share?

If you'd like to share your club news or event in the Homemaker newsletter, just let Linda or Reagan know. Call us at 606-549-1430, or email us at linda.burgard@uky.edu or reagan.weedman@uky.edu

County Dues

Dues for club members and mailbox members are \$10.00, which includes a \$1.00 donation to the Ovarian Cancer Research Fund at the University of Kentucky. Dues must be mailed to the Extension Office by October 20, 2023. Please include an enrollment form (included in this newsletter) with your check.

All checks must be made payable to the Whitley County Extension Homemakers.

Linda Burgard
Whitley County Extension Agent
for Family and Consumer
Sciences



4275 N. Hwy 25W, Williamsburg, KY
40769
606-549-1430 Fax: 606-549-9029
linda.burgard@uky.edu



www.whitley.ca.uky.edu



www.facebook.com/whitleyfcsc

FCS Upcoming Events

Unless noted otherwise, classes will take place at the Goldbug office. Call us at 606-549-1430 for more information.
PAY AND REGISTER ONLINE AT ukywhitley.pacecommunity.net

- September 5-** Cooking Through The Calendar, 11 am
September 7, 8, 9- Old Fashioned Trading Days
September 19- Pressure Canning Basics: Canning Meat, 9 am-1 pm (Pre-registration and payment required, \$10)
September 21- Sewing: Machine Sewing Basics, 5:30-8 pm (1st of 4 classes. Pre-registration & payment required, \$10)
September 26- Five Money Questions for Women Retirement Workshop, 6 pm
September 28- Sewing: Machine Sewing Basics, 5:30-8 pm (2nd of 4 classes)
October 3- Cooking Through The Calendar at Corbin Public Library, 11 am
October 5- Sewing: Machine Sewing Basics, 5:30-8 pm (3rd of 4 classes)
October 6- Pretzel Bites Workshop, 6-8 pm (Pre-registration and payment required, \$5)
October 10- Canvas, Coffee, and Cocoa, 6-8 pm (Pre-registration and payment required, \$20)
October 12- Sewing: Machine Sewing Basics, 5:30-8 pm (4th of 4 classes)
October 19- Homemaker Advisory Council Meeting, 1 pm
October 19- WTA Annual Meeting Planning Committee, 2:30-4:30 pm
October 28- WTA Area Annual Meeting at Grace on the Hill Community Church, 9:30 am
November 3- Homemaker Holiday Ideas Event, 11 am-1 pm OR 6-8 pm
November 7- Cooking Through The Calendar at Corbin Public Library, 11 am
November 9- Holiday Cooking School at London Community Center, 5-7 pm
November 10- Veterans Day Dinner, 5:30-7:30 pm
December 5- Cooking Through The Calendar at Corbin Public Library, 11 am



Fall Spiced Pumpkin Bread

½ cup all-purpose flour	2 teaspoons pumpkin pie spice	½ cup honey
1¼ cup whole-wheat flour	½ teaspoon salt	2 cups pumpkin puree
1½ teaspoons baking powder	½ cup melted margarine	⅓ cup olive oil
1 teaspoon baking soda	½ cup sugar	2 eggs
		⅓ cup chopped walnuts

Heat oven to 350 degrees F. **Mix** flours, baking powder, baking soda, pumpkin spice and salt; set aside. In a large mixing bowl, **whisk** together margarine, sugar, honey, pumpkin puree and olive oil. **Blend** in eggs. **Add** flour mixture. **Stir** until dry ingredients are moistened. **Spray** a 8-by-4 inch loaf pan with non-stick cooking spray. **Pour** batter into pan; **sprinkle** walnuts on top of batter. **Bake** for 1 hour. **Remove** from oven

and **cover** with foil. **Return** to oven and **bake** an additional 20 minutes or until toothpick inserted in center comes out clean. **Cool** for 10 minutes and **remove** from pan.

Yield: 16 slices

Nutritional Analysis: 220 calories, 13 g fat, 2 g saturated fat, 30 mg cholesterol, 270 mg sodium, 26 g carbohydrate, 1 g fiber, 14 g sugars, 4 g protein.

2023 Williamsburg Old Fashioned Trading Days Canning

Contest

- NO ENTRY FEE -

Ribbons and small cash prizes will be awarded for Top 3 in each Class, and Division Grand Champions.

Friday, September 8

LOCATION: COURTHOUSE SQUARE
(same location as the Garden Show)

Registration: 9-10:45 am

Judging: 11 am

Pick-Up: 3:30-4 pm

(items not picked up will be donated/discarded)

Divisions:

Fruits, Pickles, Tomatoes, Vegetables, Miscellaneous

Division Classes:

Fruits:	Pickles:	Tomatoes:
<ul style="list-style-type: none">• Jam -Berries• Jam - Fruit• Jam - Miscellaneous• Jellies - Apple• Jellies - Berry• Jellies - Grape & Muscadine• Jellies - Pepper• Jellies - Miscellaneous• Preserves & Marmalade - Fruit• Preserves - Miscellaneous• Juices• Salsas• Toppings• Miscellaneous	<ul style="list-style-type: none">• Bread and Butter• Dill• Beets• Peppers - All• Vegetables• Miscellaneous	<ul style="list-style-type: none">• Crushed• Quartered• Whole• Juice• Sauce• Salsa• Soup• Miscellaneous
	Vegetables:	Miscellaneous
	<ul style="list-style-type: none">• Corn• Green Beans• Sauerkraut• Relishes• Miscellaneous	

General Rules for Entries:

1. Judging will be based on:

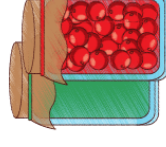
- A) Use of standard commercial glass canning jars and lids.
- B) Condition of lids. Two piece lids in good condition with rings on jars.
- C) Canned goods labeled with recipe name and date.
- D) Canned items must be sealed and have proper headspace.

Any entries who do not meet these requirements will not get a ribbon.

2. Entries will be accepted in home-canned processed foods classes listed only. Exhibits not in listed classes will be entered in the Miscellaneous class.

3. Please only submit one entry per class per person. Ex. Please do not submit two jars of bread and butter pickles under the same person's name, but one can enter both bread and butter pickles AND dill pickles under the same name.

4. All exhibited items should be picked up on September 8th between 3:30 and 4 pm. **After this date canned items will be donated or discarded.**



If more information is needed, contact the
Whitley County Cooperative Extension Service.

606-549-1430

4275 N HWY 25W, Williamsburg, KY

Thank you to Williamsburg Tourism for cash prize donations!

WILDERNESS TRAIL AREA EXTENSION HOMEMAKERS 2023 ANNUAL MEETING

Saturday, October 28, 2023

at

Grace on the Hill Community Church

1632 Cumberland Falls Hwy, Corbin, KY

Cultural Arts Check-In & Registration Begin at 9:30 am
Meeting Begins at 10:30 am

Lunch catered by Tri-County Catering will include:
Meatloaf, Potatoes, Green Beans, Roll, Dessert & Drinks

Tickets are \$20 , and may be purchased at your local County
Extension Office. **Register by October 16th.**

Our theme is Celebrating the USO - United Service Organizations



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Lexington, KY 40506



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Holiday Cooking School

"Winter wishes, snowflake kisses"

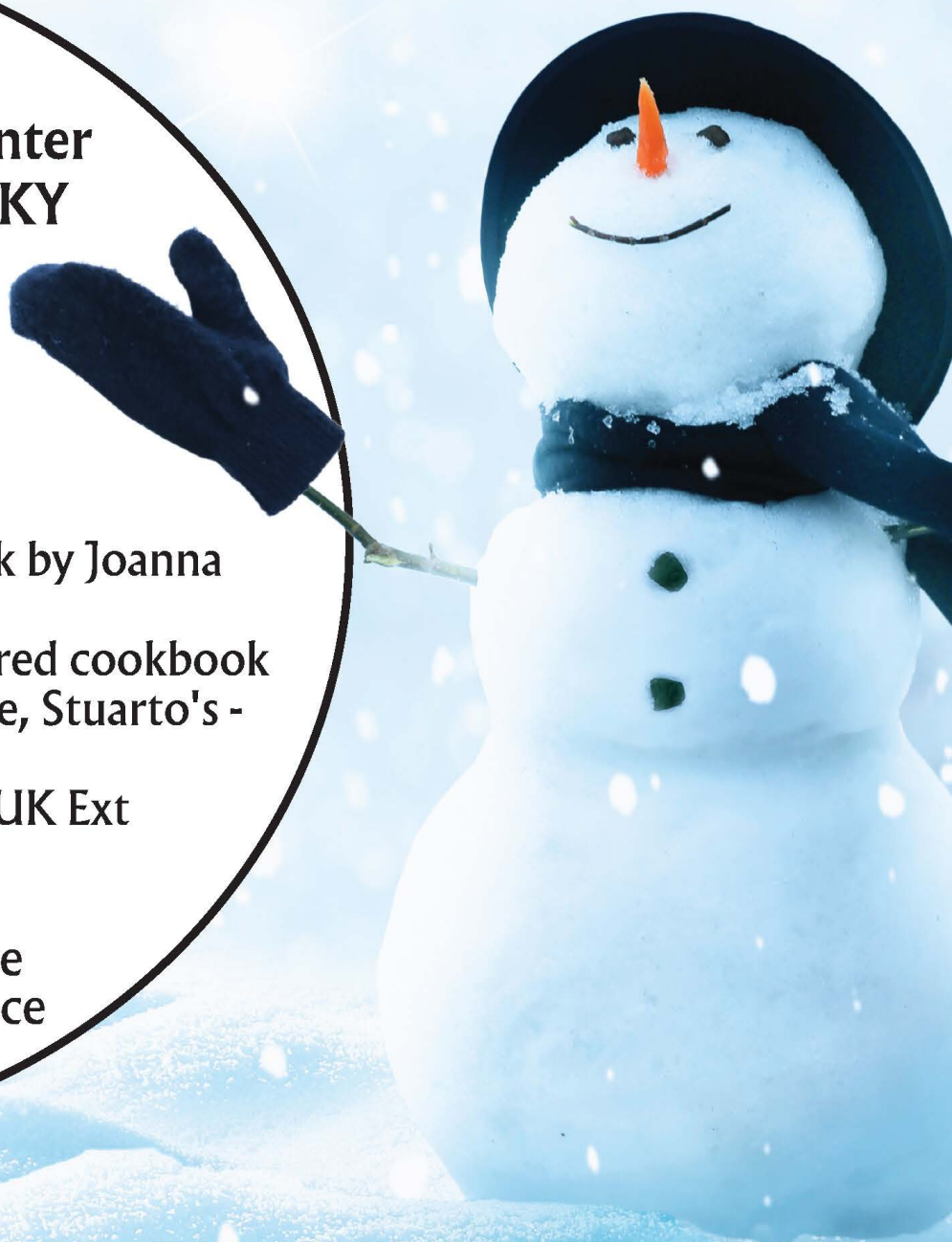
November 9th 5-7 PM
London Community Center
529 S Main St, London, KY
Doors Open at 4:30

Ticket Price: \$25

Price includes:

- Magnolia Table cookbook by Joanna Gaines
- Food Samples from featured cookbook
- Speaker Richard Lawrence, Stuarto's - Cooking with Flavor
- Speaker Annhall Norris, UK Ext Specialist - Food Safety

**Tickets available to purchase
at your local Extension Office**



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Annual Dues are \$10.00
Make checks payable to WC Homemakers

Enrollment Form for

Date: _____

Whitley County Extension Homemakers Association

Name _____

Address _____

Email _____

Name of Primary Club _____

Other Whitley County Homemaker Clubs that you are a member of (if any) _____

Phone: Home (____) _____ Work (____) _____

Cell (____) _____ Other (____) _____

What is the **BEST** number to reach you? ___ Home ___ Cell ___ Other

Race:

- White
- Black or African American
- American Indian or Alaska Native
- Asian/Pacific Islander
- Hawaiian
- Other _____

Birth Date: (mm/dd/yy) _____

Gender: Female Male

T-Shirt Size: (circled preferred sized)

Small Medium Large
X-Large 2 XL 3 XL 4 XL

Ethnicity: ___ Hispanic ___ Non-Hispanic

Are you a new Homemaker Member this year? Yes No

I, (print full name) _____ hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

Witness: _____ Date: _____

The Kentucky Cooperative Extension Service is required by Federal law to collect and maintain information regarding the characteristics of the people we serve. The information you supply is voluntary.

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For Office Use:

Add DB Verified _____ Dues Rec. Paid _____ PACE Club Verified: _____



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

Return Service Requested

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ORG
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PERMIT NO. 4

September 2023

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	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

DATES TO REMEMBER:

- 5th- Cooking Through The Calendar at Corbin Public Library
- 7-9th- Old Fashioned Trading Days
- 8th- OFTD Canning Contest
- 19th- Pressure Canning Basics: Canning Meat
- 21st- Sewing: Machine Sewing Basics (1 of 4)
- 26th- Five Money Questions for Women
- 28th- Sewing: Machine Sewing Basics (2 of 4)

More Events Inside!