

**Harlan County
Family & Consumer Sciences
Extension Homemaker Newsletter
September/October 2023**



Cooperative Extension Service
Harlan County
519 South Main Street
Harlan, KY 40831-1911
(606) 573-4464
Fax: (606) 573-4468
harlan.ca.uky.edu

Note: All meetings are at the Harlan Extension Depot unless otherwise noted.
Please call the office to register if you plan to attend

**The Extension Office will be closed
September 4th in observance of Labor Day**

MAKE-IT-MONDAY
Monday, September 11 10 am

Learn how to cook outdoors when the power fails. Pat Duncan will demonstrate how to bake a cake using a banana box and foil. We will be taste testing different recipes.

DISASTER PREPAREDNESS
Thursday, September 14 10 am

Learn the importance of being prepared for a disaster. Jeremy Williams and David McGill will be presenting a Disaster Preparedness workshop.

CULTURAL ARTS
Monday, September 18
Drop off entries at Depot 9 am—11 am

Enter your handmade items in our Cultural Arts Competition. Blue ribbon winners on the county level will move on to the area meeting in October. Category list enclosed.

The annual County Homemaker Meeting scheduled for Thursday, September 21 has been cancelled due to lack of ticket sales.

BINGOCIZE
Monday, October 16 10 am

Rebecca Miller, Bell County FCS Agent, will be doing BINGOCIZE, a socially engaging group-based program that combines exercise, health education and the widely popular game of bingo.

HOLIDAY IDEAS
Thursday, October 26 10 am


Rebecca Miller, Bell County FCS Agent, will bring the area craft suitcase. She will be teaching one of the crafts after her presentation. Limit of 30

HOMEMAKERS HOLIDAY BAZAAR
Saturday, November 11
10 am—3 pm

If you would like to reserve a table, please call 573-4464. There is no fee but space is limited. (2) tables per person. See enclosed flier.

HOMEMAKER DUES

Annual Homemaker Dues should be paid no later than November 30th for 2024. Dues are \$10.00 for the year. A registration form is enclosed.


Jeremy N. Williams
County Extension Agent
For Agriculture/Natural Resources

KENTUCKY COOPERATIVE EXTENSION



HOW CAN WE **serve you??**

Take our ten-minute survey to help us develop programs addressing needs in your community. Scan the code above or visit go.uky.edu/serveKY

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.

Contact your local Extension Office for a paper copy of the survey.



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



**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.

HARLAN COUNTY HOMEMAKERS HOLIDAY BAZAAR



Saturday — November 11, 2023
10 a.m. — 3 p.m.
Harlan County Extension Depot
(110 River Street - Harlan, KY)

Vendors will be selling a variety of items including:

- Crafts
- Jewelry
- Ornaments
- T-Shirts
- Seasonal Décor
- Scraping Supplies
- Wooden Crafts
- Baked Goods

And Much More!

Shop with us for unique gifts
and great deals!

The Homemaker Council will be selling
refreshments with proceeds going to the
Scholarship Fund.

For more information or to
reserve a table contact:

Harlan County
Extension Service
606-573-4464

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, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

2023-2024 CULTURAL ARTS EXHIBIT CATEGORIES

Categories and Subcategories

1. APPAREL

- a. Accessory
- b. Appliqued
- c. Basic Sewing
- d. Quilted
- e. Specialty

2. ART, 3-Dimensional

- a. Carving
- b. Sculpture

3. ART, NATURAL

- a. Wood
- b. Other

4. ART, RECYCLED (Include a before picture)

- a. Clothing
- b. Household
- c. Other

5. BASKETRY

- a. Cane
- b. Dyed Material
- c. Miniature (under 4 inch)
- d. Novelty
- e. Plain

6. BEADING

- a. Bead Weaving
- b. Non-jewelry Item/Wearable
- c. Miscellaneous

7. CERAMICS

- a. Hand-formed
- b. Molded
- c. Pre-made

8. COUNTED CROSS STITCH

- a. 14 Count & Under
- b. 16-22 Count
- c. Specialty Cloth (linens, etc.)

9. CROCHET

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans
- d. Thread

10. DOLL/TOY MAKING

- a. Cloth
- b. Handmade Toy other than Porcelain/China or Cloth
- c. Porcelain/China

11. DRAWING

- a. Pastels
- b. Pen and Ink
- c. Pen and Ink with Oil Roughing
- d. Pencil or Charcoal-Black
- e. Pencil-Color

12. EMBROIDERY

- a. Basic
- b. Candle Wicking
- c. Crewel
- d. Machine
- e. Ribbon
- f. Smocking
- g. Swedish
- h. Tatting/Lace Making
- i. Miscellaneous

13. FELTING*

- a. Needle Method
- b. Wet Method

14. HOLIDAY DECORATIONS

- a. Autumn
- b. Spring
- c. Summer
- d. Winter

2023-2024 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

15. JEWELRY

- a. Beaded
- b. Mixed Media (wire, chain maille, mixed with beads)
- c. Original Design

16. KNITTING (HAND – with knitting needles)

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans

17. KNITTING (OTHER – machine / loom)

18. NEEDLEPOINT

- a. Cloth Canvas
- b. Plastic

19. PAINTING, ART

- a. Acrylic
- b. Oil
- c. Watercolor

20. PAINTING, DECORATIVE

- a. Metal
- b. Wood
- c. Other

21. PHOTOGRAPHY (mounted or framed) **

- a. Black & White
- b. Color

22. QUILTS***

- a. Baby-size or Lap-size (hand quilted)
- b. Baby-size or Lap-size (machine quilted)
- c. Hand Appliqué (hand quilted)
- d. Hand Pieced (hand quilted)

22. QUILTS*** (continued)

- e. Machine Appliqué (machine quilted)
- f. Machine Pieced (hand quilted)
- g. Machine Pieced (machine quilted)
- h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
- i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
- j. Technology Based (hand or machine quilted)
- k. Miscellaneous (hand or machine quilted)

23. PAPER CRAFTING

- a. Card Making
- b. Origami
- c. Quilling
- d. Scrapbooking****

24. RUG MAKING

- a. Braided
- b. Hooked
- c. Punch Needle
- d. Woven

25. WALL or DOOR HANGING

- a. Fabric
- b. Other

26. WEAVING

- a. Hand (macrame, caning)
- b. Loom (includes pin weaving)

27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

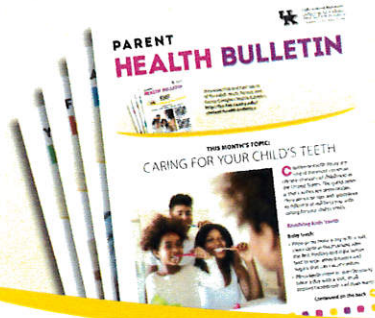
* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

** Photographs should be either mounted and/or in a frame – MATTING and/or GLASS is OPTIONAL

***Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

**** Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.

PARENT HEALTH BULLETIN



AUGUST 2023

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Harlan County
Extension Office
519 South Main Street
Harlan, KY
40831
(606) 573-4464

THIS MONTH'S TOPIC:

HELP YOUR FAMILY EAT THE RAINBOW WITH FRUITS AND VEGGIES



Eating a wide variety of foods is important for everyone, especially children. Children's bodies are growing and developing at a rapid rate. They need many nutrients to be able to grow and develop to their full potential. Two important categories of foods that children need are fruits and vegetables. Fruits and vegetables contain essential nutrients such as vitamins and minerals for brain development, muscle and bone growth, and fiber for healthy digestion.

A recent Centers for Disease Control and Prevention study found that many children in Kentucky are not eating fruits and vegetables every day. In fact, more than half of children did not eat a

Continued on the next page 

**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.

If your family or child struggles to eat fruits and vegetables, start by adding just one fruit and vegetable into their meals.

➔ Continued from the previous page

vegetable daily during the preceding week, and more than one-third did not eat fruit daily.

As a parent or caregiver, you have a huge influence on your child's food access and understanding of how to choose a variety of healthy foods. You teach your child about food based on

what foods you buy, prepare, offer, and eat as a family.

Fruits and vegetables contain essential nutrients such as vitamins and minerals for brain development, muscle and bone growth, and fiber for healthy digestion.

To encourage children and families to eat more fruits and vegetables, we are challenging everyone to "eat the rainbow" every day. That means choosing fruits and vegetables that are different colors every day. If your family or child struggles to eat fruits and vegetables, start by adding just one

fruit and vegetable into their meals for the day.

Here are some ways to incorporate fruits and vegetables in meals and snacks that you may already be preparing:

- Include chopped up fruit in breakfast cereal or oatmeal
- Add in veggies to cooked eggs, potatoes, or rice
- Put leafy greens or thinly sliced vegetables on a sandwich
- Eat raw sliced veggies and fruit with dip for a snack

Here is a simple smoothie recipe. You can use any fruit that you like. Don't be afraid to add in some vegetables! Try experimenting with different fruit and vegetable combinations to see what members of your family likes.

- 2 cups fresh or frozen fruit and vegetables
- 1 cup low-fat milk
- 1/2 cup low-fat yogurt



Place all ingredients in a food processor or blender and mix until well combined. Serve cold!

For more ideas of how to include at least one fruit and vegetable in your and your child's diets each day, visit PlanEatMove.com.

REFERENCE:

<https://www.cdc.gov/mmwr/volumes/72/wr/mm7207a1.htm>

ADULT
HEALTH BULLETIN

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

123RF.com





2023-2024 Enrollment Form for Harlan County Extension Homemakers' Association

Name _____

Address _____

Email _____

Name of Club _____

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

Cell (____) _____ Fax (____) _____

Birth year (*Optional*): _____

Race (*Optional – circle one*): White Black or African American
 Asian/Pacific Islander American Indian Hawaiian Other

Ethnicity (*Optional - circle one*): Hispanic Non-Hispanic

Gender (*Optional - circle one*): Female Male

First Year of KEHA Membership: _____ Total years of membership: _____

I, (print full name) _____, being eighteen (18) years of age or over, 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. Appendix 11 June 2020

Dues: \$10.00 per Year Payable to: Harlan County Homemakers





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

Harlan County
519 South Main Street
Harlan, KY 40831-1911

STANDARD
US POSTAGE PAID
Harlan, KY
PERMIT # 831

Harlan County Homemaker Clubs

Creative Cutters—2nd Tuesday of each month at 10:00 am

Jr. Homemakers—2nd Tuesday of each month at 3:30 pm

Material Girls—4th Tuesday of each month at 12:30 pm

Nifty Needles—4th Tuesday of each month at 10:00 am

Scrapmakers—1st & 3rd Tuesday of each month at 4:00 pm