

Newsletter

FAMILY & CONSUMER SCIENCES



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Boyle County Homemakers



Kentucky Extension
Homemakers Association

October 2023

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Just a Note from your Agent

Happy Spooky Season Everyone!! October is here and you know what that means? Extension Homemakers Week is upon us! October 8th-14th will be lots of fun with the Tasting Party and Silent Auction, AARP Driver's Safety Class, and the trip to Bernheim Forrest. Please see the information in the newsletter about getting signed up for these events. This year The Boyle County Extension Office will be hosting a Trunk or Treat Event. We will be having extension as well as community organizations handing out goodies and resources. I'd like to invite the Boyle County Extension Homemakers to set up a "trunk" or a table to advertise Extension Homemakers. If you are interested in participating in this event please let me know. Don't forget, dues are accepted from September thru December. Please see County Treasurer Geraldine Dietrich about dues for you, new members and mailbox members. Last but not least, October is National Breast Cancer Awareness Month. Don't forget to schedule your mammograms and follow up appointments. Early detection can save your life.

Alethea Bruzek

Boyle County Extension Agent
for Family and Consumer Sciences



Upcoming Programs & Events

- Extension Homemakers Week- October 8th-14th, 2023
 - Tasting Party and Silent Auction on October 10th from 6pm-8pm at the BCEO. Cost \$5. Bring your silent auction items between 5:30pm and 6pm for set up.
 - AARP Driver's Safety Class on October 11th from Noon-4pm at the BCEO. Cost \$25 for non AARP members, \$20 for AARP members.
 - Bernheim Forrest Trip on October 13th we will leave the Boyle County Extension Office at 10am. Bring a sack lunch with you. This event is free to attend. Call 236-4484 by October 11th to sign up.
- Featherweight Club meets on the 4th Tuesdays of each month at 10am. This month they will meet on October 24th at 10am at the BCEO.
- Workdays with Thelma are the 3rd Tuesdays of each month from 10am-2pm at the BCEO.
- Executive Board Meeting on October 16th at 12pm at the BCEO.
- County Council Meeting on October 16th at 1pm at the BCEO.
- Leader Lesson "Cast Iron Cooking" watch party on October 23rd at 1pm at the BCEO.
- Trunk or Treat on October 19th from 6pm-8pm family friendly Halloween themed fun!
- Fort Harrod Area Annual Meeting "Bewitching" on October 31st registration at 9:30, program starts at 10am. See attached registration form for more information. Cost: \$10 due to the Boyle County Extension Office by October 17th.

Club and Chairperson News

Club News/Meeting Dates and Times

76ers

76ers kicked off the first meeting of the year on September 12th at 1:30. Martha opened the meeting. Joyce had a devotional. For roll call, we each shared something we did this summer. We decided to keep our dues the same as last year \$12. That can be paid at the next meeting. Events for September include Tuesday workdays, road-trip to the Heartland of Kentucky Quilt Show, & serving at the Farm Bureau Dinner. October is going to be a busy month for Homemakers:

- Oct 8-14 - Homemaker's Week
- Oct 10 - Tasting Party (evening)
- Oct 13 - Trip to Bernheim Forest
- Oct 17 - 76ers meet at 1:00
- Oct 27-28 - Craft Camp
- Oct 31- Ft Harrod Area Annual Meeting

So come on out for all the fun!! 76ers are meeting Oct 17th at 1:00. (Different than our usual time.) Tiffany will present the lesson on mindfulness. Remember to bring: •\$12 dues for the year •2 deodorants for the Latimer Heights project. See you then! Invite a friend 😊 *Kim Miller*

Wilderness Trail

Wilderness Trail is happy to welcome a new member to our club -- Liz Adkins. We met Liz at the August picnic, invited her to come and join our club, and "signed her up" at our September meeting! She already has Kentucky Homemaker experience, and we know she will be a valuable addition to our club. Besides, she's just a very nice gal! At that same September meeting, attended by 12 members, we got our club year "in gear" by signing up for Leader Lessons and for hostessing our meetings. Three of our members volunteered to make cakes for the Farm Bureau Dinner, and others are planning to help with Dinner preparations. It was good to be back together as a group again, and we're looking forward to the 2023-2024 BCEH year.

Educational Chairmen Reports

ENVIRONMENT:

Fall is upon us! Time to start thinking about planting some perennials -- so that we can have pretty gardens in the spring. This fall, please consider planting perennials that are native to our area. They will flourish better than non-native plants, and the bees, butterflies, and birds will thank you. There are plenty to choose from. Here are a few: Black & Brown-eyed Susan, Cardinal Flower, Culver's Root, June Grass, Lavender Hyssop, Rough Blazing Star, Wild Petunia, Coneflower, Goldenrod, Milkweed, White Snakeroot, Blue-eyed Grass, Bottle Gentian, Blue Violet, Canadian Columbine. Happy gardening! *Rita Bloom*

Thank You

Thank you to everyone who helped make the Farm Bureau Dinner possible. Everything went well thanks to the support of all of you.

-Geraldine Dietrich

Autumn Health Concerns

There are many things to love about autumn: The air begins to cool down a bit, leaves change colors, and there are many special foods and fragrances that we associate with this time of year. However, autumn can also bring specific health concerns for some people. You can address your health concerns and still enjoy the season and all it has to offer.

Dry Skin - As the air cools, some people have more dry skin. To prevent cracking and itching, try to stay hydrated by drinking plenty of water, continuing to wear sunscreen when outdoors, and use a lotion or cream skin barrier to help moisturize skin when you get out of the bath or shower.

Decreased Immune Function - You may find yourself getting sick more as the seasons change. Stay up to date on all vaccines, wash your hands, and check with your doctor if allergy or cold symptoms become persistent.

Sleep Disturbances - Even though the days are becoming shorter, you may find that you are getting less sleep at night. This can happen as the season change affects circadian rhythms. Try to establish a consistent bedtime routine, plan to get at least seven to eight hours of sleep per night, and avoid screens once you turn off the lights.

Take advantage of the change in seasons to catch up on needed annual health exams as well. If you have not done so, schedule an annual physical, dental cleaning, and vision check. These strategies combined can help you have an enjoyable autumn and end the year well.

Reference: <https://www.cdc.gov/chronicdisease/resources/infographic/healthy-fall.htm> Source: Katherine Jury, Extension Specialist for Family Health

Recipe Corner



2018 FOOD AND NUTRITION CALENDAR
RECIPE



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

AUTUMN SWEET POTATO CHILI



USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Nutritional facts per serving:
160 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 790mg sodium; 32g carbohydrate; 9g fiber; 12g sugar; 7g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 6% Daily Value of potassium.

Source: Jeffrey Hines, former Graphic Artist for Nutrition Education Program, University of Kentucky Cooperative Extension Service

- 1 (15 ounce) can sweet potatoes (do not drain)
- 1 tablespoon chili powder
- 1 (16 ounce) jar salsa
- 2 (15 ounce) cans black beans (do not drain)
- Water to achieve desired consistency

Optional garnishes

- ½ cup reduced-fat sour cream
 - Shredded sharp cheddar cheese
 - Dried or fresh chopped cilantro
1. Combine sweet potatoes, chili powder and salsa in a large saucepan.
 2. Bring to a boil, reduce heat to simmer, and cook until heated through, stirring as needed.

3. Add beans with liquid and cook another 3 minutes to blend flavors.
4. Thin with water if needed. Heat through.
5. Serve with sour cream, cheese and cilantro on the side.

Option: To reduce sodium, use vegetables canned without added salt.

Makes 8 servings
Serving size: 1 cup
Cost per recipe: \$5.19
Cost per serving: 65¢

FORT HARROD AREA ANNUAL MEETING REGISTRATION FORM

October 31st, 10:00 a.m.
Boyle County Extension

Registration starts at 9:30 a.m.

Program begins at 10:00 a.m.

Theme is "Bewitching." Costumes are optional.

There will be scary stories, a
costume contest, and spooky
treats. Lunch is provided.

Cost is \$10, please return with
registration form below.
Checks made payable to:
Boyle County Homemakers



**REGISTRATION DEADLINE
IS OCTOBER 17TH**

✂️ ----- ✂️

Name: _____ County: _____

Address: _____ Phone: _____



Photo Gallery

Heather Teaching at Arnold Tower



Field Trip to the Heart of Kentucky Quilt Show at the Hardin County Extension Office



Lunch and Learn "One Pan Shrimp and Veggies" Before and After

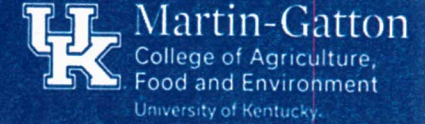


FCS Table at the Mental Health Fair by Nurture Nest at the Showroom



October 2023

★ *Extension Homemaker*
Week October 8th-14th



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10 • Tasting Party & Silent Auction- 6:00-8:00 p.m.	11 • Lancaster Road Meet-BCEO- 10:30 a.m.	12 • Pop Up Community Potluck- Boyle County Library-1:00 p.m. • Wilderness Trail Meet-BCEO- 10:30a	13 • Trip to Bernheim Forest-call (859) 236-4484 for additional information	14
15	16 • Executive Board Meeting- 12:00 p.m. • Hmker Council Meeting-1:00 pm	17 • Workdays with Thelma-10:00 am • 76'ers Meeting- 1:00 p.m.	18	19 • TRUNK OR TREAT-6:00-8:00p	20	21
22	23 • Leader Lesson- "Cast Iron Cooking" watch party-1:00 p.m..	24 • Featherweight Club 10:00 a.m.	25	26	27	28
29	30	31 • Ft. Harrod Area Meeting-9:30 a.m.	<div data-bbox="1570 1187 1885 1294" data-label="Text"> <p>★ <i>Craft Camp October</i> 27th & 28th</p> </div>			
<div data-bbox="1037 1410 1906 1501" data-label="Text"> <p>★ <i>All meetings will take place at the Boyle County Extension office unless otherwise noted.</i></p> </div>						