



Newsletter

July 2024

Cooperative Extension Service
Butler County
102 Parkway Lane
Morgantown, KY 42261
(270) 526-3767
Fax: (270) 526-2357
extension.ca.uky.edu

Dear Homemaker,

I hope you are having a great summer with your families. I have enjoyed my second year working with the Homemaker organization. I have learned of the many things you do to support and improve our community. I commend your dedicated leadership team. I specifically want to thank Tammy Alford, your president, for helping me learn about the organization, her dedicated leadership for our county, and her tireless efforts to make Butler County Homemakers a successful organization. Tammy's leadership is now recognized at the state level. She was elected KY International Chair in May.

This issue includes information on lots of ways you can be involved in your Homemaker organization. Extension Homemakers exists to develop it's member's leadership and family skills and to help our community be the best place it can be. Make plans to attend our annual meeting on September 17. We would love to have you.



Greg Drake II
County Extension Agent, Butler County
For Agriculture & Natural Resources, Part-time Family & Consumer Sciences

thank you



July

Joyce Burden
Shanna Drake
Deanna Embry
Shira Hughes
Vickie Hutcheson
Katherine Jennings
Wanda Nevins
Ruth Warren

August

Janice Blake
Zoey/Cadence Cardwell
Charlene Cook
Maggie Drake
Barbara Harris
Tammy Plamp

September

Stacy Evans
Melissa Kenssinger
Sandy Martin
Averi Morris
Gary Plamp
Sibyl Shelton
Tonya Wilcox

October

Pat Chapman
Ovie House
Charlotte Hunt
Sherry Johnson
Vickie Wells



Butler County Homemaker Annual Scheduled for September 17th

The Butler County Homemaker Annual has been scheduled for Tuesday, September 17th at the Butler County Extension Service with registration beginning at 6:00 p.m.

We'll have a wonderful catered meal, our annual business meeting, silent auction (for the scholarships), and enjoy our Homemaker connection!

Homemaker Annual Meeting is free to attend for all members and guests. We ask that you **RSVP no later than September 4th**. Simply call Alecia and make your reservation.

Make plans to attend and get this on the calendar! All members (club and mailbox members) are invited and encouraged to attend. Feel free to invite family and friends too!

Pecan Sale 2024

The Butler County Homemakers are selling Schermer Pecans this fall! As always, we'll get dibs on the fresh 2024 crop being harvested in September!

Pecan pricing has not been set yet but prices won't change much from the \$11.00/bag we had last year. We are offering halves and pieces (16oz bags) and chocolate covered halves (12oz bags).

Delivery is expected by mid-November.

Please help us fundraise. Order forms and flyers are available for pickup now.

Deadline to place any order is October 11th!



Homemakers Are Online

Don't forget that you can find Homemaker and Extension information on our Facebook pages.



Search for Butler County Cooperative Extension Service on Facebook and 'LIKE' us. You will be able to see a listing of Extension

happenings, meeting reminders or cancellations, and general postings from the Butler County Extension Community. You can also search for the Butler County Homemakers Association page for Homemaker happenings.

Stay up to date with all Homemaker and Extension information!

Homemakers Give Back

Butler County Homemakers are very community oriented! Our members volunteer in many roles and our organization likes to give back!

Each quarter, the Butler County Homemakers make a donation of \$100 to a rotation of worthy community organizations. This year they have also supported foster children and homemakers have sponsored a catfish for the festival that has been caught two years in a row.



Butler County Homemaker Volunteers Needed for Meals at 'The Kitchen'

WE NEED YOU! Homemakers are needed to help provide food, cook and package (to-go plates) pasta meals on August 1st at the Extension Office at 11:00 a.m. We need the following items for our October meal: pasta sauce, spaghetti, green beans (larger cans), bread (rolls or garlic bread), aluminum casserole pans, to-go containers, or money donations. All donations (goods or money) can be taken to the Extension Office.

Meals are normally prepared at the Extension Office and delivered to The Kitchen afterwards.

Your help is NEEDED and greatly APPRECIATED! Contact President Tammy Alford, Greg, or Alecia for more details on volunteering.



Day Trip to Lincoln Birthplace Planned

The Butler County Homemakers will take a day trip to the Abraham Lincoln birthplace on August 8th. We will depart the office at 8:00 a.m. and travel to the site. Participants will be able to tour the



Lincoln Birthplace, then we will find lunch at a local restaurant. If the group wants we will tour downtown businesses in Hodgenville. We will return to the office in the afternoon.

RSVP if you would like to join us by calling 270-526-3767.

Homemakers to Host Coffee Hour

The Butler County Homemakers will host the Chamber's Coffee Hour on August 21st from 7:30-8:30 a.m. at the Extension Office. We would love to have your help in welcoming the community.



If you would like to donate a breakfast item, help set up, or just be part of the welcoming crowd, please mark your calendars and come on out.

If you want to bring food, let us know. It needs to be there by 7:00 a.m. or you can drop it off the day before.

Mammoth Cave Area Homemaker Annual Day

Make plans now to attend the 2024 Mammoth Cave Area Homemaker Annual Day on Thursday, October 17th in Hart County. Registration will begin at 9:00 a.m. We'll have a great day with friends, food and fun.

Registration is \$20, payable to Butler County Homemakers. **Deadline to register is September 20th** (we'll submit 1 county check for everyone). We'll look at carpooling for those interested and you're encouraged to bring non-perishable food items for needy families in the area.

NEW Homemaker Club Formed

There is a new homemaker club in Butler County. The Antique Shoppe Homemakers are organized and meeting. They have about 20 members and meet on the 2nd Tuesday of the month. They meet at the historic "Antique Shop" on 231 South in the Little Muddy Community of Butler County. Their founding officer team is Kathrine Jennings, Becky Hankins, and Tammy Plamp. Welcome new homemakers!



UK Ovarian Cancer Screening Program

The chances of having breast cancer are about one in nine over a woman's lifetime. The chances of having ovarian cancer are about seven to eight times lower than that. But despite the lower risk, ovarian cancer kills more women than all other gynecologic malignancies combined.

The University of Kentucky offers FREE annual

Ovarian Cancer Screening for women who 1) are over the age of 50 (including those who have no symptoms and no personal history of ovarian cancer), or 2) are over the age of 25 who have a family history of ovarian cancer.

If you would like an appointment, call the Extension Office ASAP at 270-526-3767. We can work out a group appointment and will even provide the transportation!

Homemakers will have first priority, but we'll open up these appointments to non-members too! Don't wait, call today!



Butler County Homemakers Lessons

We have many interesting lessons coming up for our 2024-2025 year. Your Homemaker lesson material will be e-mailed unless you have already contacted the Extension Office to request a hard copy.



- July/August 2024: Move Your Way Exercise
- September 2024: Making a Will
- October/November 2024: Tobacco Stick Crafts
- January 2025: Self Defense
- February 2025: Tips to Manage Stress Eating
- March 2025: How to Let Go of Junk/Transferring Treasured Possessions
- April 2025: House Plant Propagation & House Plant Exchange
- May 2025: Travel Safety & Emergency Kit
- June 2025: Jewelry Making

Area Lesson - Cookie & Cake Decorating

Multi County Lesson taught:

September 25 in Barren Co

September 26 in Warren Co.

You're awesome!

PUBLIC NOTIFICATION

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**Mammoth Cave
Area Homemaker
Annual Day**

**October 17, 2024
9:00 A.M. CST**
Munfordville Baptist Church
501 N West St, Munfordville, KY
42765

Homemakers



***We will be collecting non-
perishable food items for Blessing
Boxes in Hart County.**
Please bring one or two cans per
person.

Registration Fee: \$20
Guest Speaker: Ricky Line
Entertainment: Kendall Ford



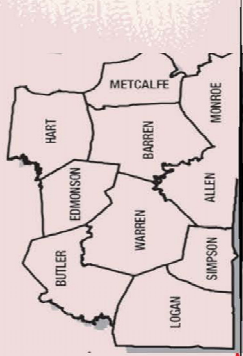
Please send one county check to:
Tammy Alford, MCA Treasurer
165 Oak Ridge Road
Morgantown, KY 42261

**Cooperative
Extension Service**
Agriculture and Natural Resources
Community and Economic Development
4-H Youth Development
Lexington, KY 40506

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
Advanced program of Kentucky's Cooperative Extension service of people regardless of economic or social status
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Lexington, KY 40506

Martin-Gatton
College of Agriculture,
Food and Environment

Lunch prepared by
White's Catering
Lunch includes
Chicken Salad on croissant or
Ham & Cheese Wrap
Chips
Fresh Fruit salad
Oatmeal Raisin Cookie
Canned drink or Water



Don't Forget!
***Name Tag Contest due October 1**
E-Mail one picture from each county of
_____ name tag entry to
Sonya.carter@uky.edu and
millsmb@sartc.com

Registration Form:

Return this portion, along with your fee, to your County Extension Office

Name: _____

No. Reservations: _____
County Participants numbers are due October 1 to
Hart County Extension Office- P.O. Box 367
Munfordville, KY 42765

One Check is requested for all your county's attending
participants.



Herbed Pasta with Roasted Cherry Tomatoes

1/2 pound whole wheat pasta	4 chopped garlic cloves	2 teaspoons dried oregano
3 tablespoons olive oil	1 medium chopped red bell pepper	1 tablespoon chopped fresh parsley
1 pint cherry tomatoes	6 tablespoons chopped fresh basil	1/2 teaspoon salt
1 medium chopped onion	1 teaspoon dried thyme	1 teaspoon red pepper flakes (optional)

1. Cook pasta according to package.
2. Preheat oven to 400°F.

3. Score each of the cherry tomatoes with a small X. **Toss** the tomatoes with 1 tablespoon olive oil and **roast** in oven for 10-15 minutes, until they burst.

4. Sauté onion in 2 tablespoons olive oil for 5 minutes.

5. Add garlic and red bell peppers. **Sauté** for an additional 5 minutes.

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



Nutrition Analysis: 230 calories, 8 g fat, 1 g saturated fat, 0 mg cholesterol, 210 mg sodium, 35 g carbohydrate, 5 g fiber, 5 g sugar, 6 g protein.

Yield: 6, 1 cup servings.

7. Toss with drained pasta.
6. Add fresh and dried herbs, salt and oven roasted cherry tomatoes.

