



Newsletter

September 2024

Cooperative Extension Service

Butler County

102 Parkway Lane

Morgantown, KY 42261

(270) 526-3767

Fax: (270) 526-2357

extension.ca.uky.edu

Dear Butler County Homemakers,

I am so excited to be here as the new FCS agent for Butler County. I have greatly enjoyed getting the chance to meet some of you and look forward to meeting the rest of you soon! I can already tell that the Butler County Homemakers are a great group and I am looking forward to getting to work with you all more in the future.

I am excited to share with you some of the upcoming opportunities and events that are available to our Homemaker members. I do want to take the opportunity to thank Greg Drake for filling in for the FCS agent during the vacancy. I know he did a great job and I appreciate it greatly. I'm not sure that he is ready to give it up completely though because he does seem to have enjoyed all the great food you all fed him over the past 2 years!

This newsletter includes information on ways you can be involved in the Homemaker organization. I hope you will take advantage of some of the events and come out and enjoy the fellowship and comraderie that Homemakers fosters as we serve our families and our communities. Please make plans to attend the Butler County Annual meeting on September 17! We do need for you to call and let us know you are planning to attend ASAP. I look forward to seeing many of you there!

Leah VanMeter Cardwell

Butler County FCS Agent

HAPPY BIRTHDAY!

September

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

November

- Gail Drake
- Ronald Daugherty
- Telisa Phelps
- Heather Tyree
- Anita Gossett
- Ann Wells
- Elana Fahey
- Dianne Kessinger
- Jennifer Belcher

October

- Pat Chapman
- Ovie House
- Charlotte Hunt
- Sherry Johnson
- Vickie Wells

December

- Greg Drake
- Patty Glass
- Virginia Evans
- Tracy Cowles
- Doris Henderson
- Patti Stuckwisch

On August 5th Leah Cardwell began her service as Butler County's FCS agent. I have truly enjoyed my time serving as "Acting FCS Agent". I've enjoyed learning about your organization, and all the wonderful things you do for our community. I want to thank Tammy Alford, your president, for her leadership during this period. Butler County homemakers has many bright days ahead, and I look forward to seeing what you accomplish in the coming days. Thanks for your patience and encouragement during this time.

Greg Drake II

County Extension Agent, Butler County
For Agriculture & Natural Resources,



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 11th**. Simply call Alecia and make your reservation.

Pecan Sale 2024

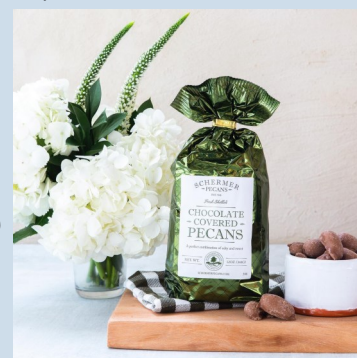
The Butler County Homemakers are selling Schermer Pecans this fall! As always, these will be freshly harvested pecans from the 2024 season.

Pecans will be \$11 per bag this year. We are offering halves and pieces (16oz bags) and chocolate covered halves (12oz bags).

Delivery is expected by mid-November.

Help us fundraise! Order forms and flyers are available for pickup now.

Deadline to place any order is October 11th!



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.

Renew Your Homemaker Dues Today!

It is time to renew your annual Homemaker Dues. Butler County Homemaker Dues are \$10 and will be accepted until December 6th. After the deadline, new members do not count towards our state total, but new members are still welcome to join- they just won't be eligible for area or state participation or awards!

Dues can be paid to your club treasurer or at the Extension office by cash or check.



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.

VOLUNTEERS NEEDED!

We need your help! We need your help to provide food items, cook, and package pasta meals for "The Kitchen" on October 1st at 11am at the Butler County Extension office.

We need the following items for October:

Pasta sauce
Spaghetti

Green Beans (large cans)
Bread (rolls or garlic bread)
Aluminum Casserole pans

To-go containers
Or Money Donations

*all donations (items or money) can be taken to the Extension office at any time!

The meals will be prepared at the Extension office on Oct 1 at 11am and delivered to the The Kitchen afterwards.

Your help is NEEDED! And so greatly appreciated!

Contact County President Tammy Alford, FCS agent Leah VanMeter Cardwell, or Alecia for more details!

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.



September	Making a Will
October/ November	Tobacco Stick Crafts
January	Self-defense
February	Tips to Manage Stress Eating
March	How to Let go of the Junk/ Transferring Treasured Possessions
April	House Plant Propagation and House Plant Exchange
May	Travel Safety and Emergency Kits
June	Jewelry Making

Area Leader Lessons

September 26	Warren County Extension office
October 1	Barren County Extension office

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. It will be a great day with friends, food and fun.

Registration is \$20, payable to Butler County Homemakers. **Deadline to register is September 20th** (we will submit 1 county check for everyone). If you are interested in carpooling, please let us know when you register.

You are also encouraged to bring non-perishable food items for needy families in the area.

DAY TRIP SEPTEMBER 20th

Join us for a day trip on Friday, September 20th to Hardin County. We will depart the office at 8am Friday morning and travel to the Heartland Quilt Show at the Hardin County Extension office. There is a \$6 admission fee. We will also be visiting a local cemetery with Civil War significance and The Cannonball in downtown Elizabethtown. We will plan to eat at the Whistle Stop for dinner so please bring money

Butler County Homemaker Clubs:

The Antique Shoppe Homemakers Meet the 2nd Tuesday of each month at the historic "Antique Shop" on 231S in the Little Muddy Community. Club officers are Katherine Jennings, Becky Hankins, and Tammy Plamp.

Dexterville Homemakers Meet the 3rd Monday of the month. Contact Tracy Thornton for more info on meeting locations and time.

Interested in joining a Homemaker club? Call us at the Butler County Extension office for more information (270-526-3767).

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!



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MAMMOTH CAVE AREA: FAMILY & CONSUMER SCIENCES

Flatter to Feel Good – Know Your Season

What we wear and how we look can contribute to positive mental health. Research indicates that if you think you look good, you will feel good. So, it is important to make your clothing work for you—to flatter your best features.



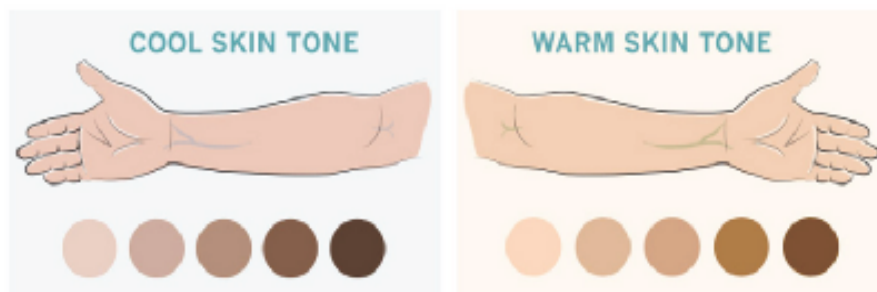
One way to make sure you are using your clothing to flatter, is to know what colors look the best on you. Each person has unique skin, hair, and eye coloring. Clothing and cosmetics that complement an individual's coloring make a person appear healthier and more attractive.

You may have heard of individual color palettes or seasons. This is a collection of colors that look the best on you based on your eye color, hair color, and skin tone—including undertones. Knowing your season can help you choose clothing and cosmetics that make your skin glow and highlight your natural beauty.

Start by Evaluating Your Skin Undertone

Those with cool undertones normally have veins on the inner wrist that appear blue. Silver jewelry normally looks better on individuals with cool undertones. These individuals fall in either the Summer or Winter color palettes.

Those with warm undertones normally have veins on the inner wrist that appear green. Gold jewelry normally looks better on individuals with warm undertones. These individuals fall in either the Autumn or Spring color palettes.





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

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RETURN SERVICE REQUESTED



Source: Brooke Jenkins-Howard, Extension Specialist, University of Kentucky Cooperative Extension Service
200 calories; 4g total fat; 2.4g saturated fat; 40 mg total cholesterol; 41 mg sodium; 27 g carbohydrate; 2g fiber; 17 g sugar; 2g added sugar;
27g protein; 0% Daily Value of Vitamin D; 0% Daily Value of Calcium; 0% Daily Value of Iron; 10% Daily Value of Potassium

INGREDIENTS:



- 2 lbs pork loin
- 1 teaspoon garlic powder
- 1/4 teaspoon salt
- 3/4 teaspoon dried sage
- 3 apples, cored and sliced
- 1/2 cup dried cranberries
- 1 tablespoon unsalted butter
- 1 tablespoon honey

Directions:

1. Season pork on both sides with garlic powder, salt and sage. Wrap pork tightly in foil and place in the slow cooker.
2. Place apple slices, cranberries and butter on a large piece of foil. Drizzle with honey. Wrap up foil to create a packet. Place in slow cooker.
3. Cook 4 hours on high.
4. Unwrap both packets. Slice pork and top with apples.
5. Optional step: brown the top of the pork loin by placing it in the oven at 425 degrees F for five to seven minutes.

Servings: 8

Serving size: 4oz

Recipe cost: \$8.97

Cost per serving: \$1.12

Autumn Apple Pork

