

Welcome to the new homemaker year! I am excited to get meetings back up and going! With that said we are entering the enrollment period which means it is especially important to get your dues paid by December 1st. As has been in the past, you can pay the treasurer for your club and then clubs will write 1 check to the council to pay for their club dues. Be sure to turn in your enrollment form as well so we can make any changes to the database.

I want to challenge each of you to recruit just 1 member. They may just want to be a mailbox member, or they may want to come to clubs but spread the word about all the good things that the membership includes like this newsletter every month with information about upcoming events, health bulletins, and recipes. Also, remember that if you are a club member that has paid their dues, you get to attend any Knit Wits meetings you're interested in joining for a discounted price. Lastly, share with them the good that your club does for our community. Saturday in Carlisle will be a terrific opportunity to spread the word about homemakers and gain new members! I am attaching a membership form in this newsletter which has a recruited by portion at the bottom. I will have a drawing using those slips on December 2nd to encourage you to recruit!

Also, in this newsletter be sure to check out our President's Corner from your new NC Homemaker President, Christy Shelley. I have also included set dates for Council Meetings. We will have a leader lesson, Cooking through the Calendar, and Council all in the same day so that it is a one-stop shop for you.

Lastly, I want to encourage you to participate in the Disaster Preparedness Event we will have on September 12th at 6 p.m. It is so important for us to be prepared for the unexpected, rather than saying, "I wish I would've..." Join me, the class is free and the first 20 to sign up get a \$75 Disaster Tote for your home for only \$20 so your family is ready for anything Mother Nature throws your way!

SEPTEMBER 2024 IN THIS ISSUE

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MEMBERSHIP CHALLENGE
RECRUIT 1 OR MORE NEW MEMBERS BY DECEMBER 1ST



Ashley A. Vice



Ashley Vice
County Extension Agent for FCS/4H
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PRESIDENT'S CORNER

August 29, 2024, Hello fellow Homemakers! Welcome to the 2024-25 Homemakers calendar year! I hope everyone had a wonderful summer break and is now ready for club meetings, knit wits, quilting club, Big Blue Book Club (I hope), volunteering, fundraising, and helping wherever our community needs us. For the year 2023-24, Nicholas County had 106 total members spread out in 4 clubs, Ellisville, Headquarters, Moorefield, and Domestic Divas. Here are just a few things accomplished last year: * We hosted the Bluegrass Area Homemakers Meeting * Volunteered at the Nicholas County Extension Fall Festival * Saturday in Carlisle, volunteers with the Cake Walk operations * Volunteers at the Nicholas County Youth Livestock Show and Sale. * Volunteers with 4-H sewing club * Quilting club sewed a quilt, sold raffle tickets for said quilt, and raised more than \$1,000 for 4-H Camp Scholarships! * Food baskets for the elderly and needy families were put together and distributed. * Seniors were adopted to take gifts/grocery gift cards * Donation to the Backpack Program * Volunteers at Area 4-H Communications Contest as judges. * Offering NCHS scholarship for \$500 to a deserving Class of 2024 senior. * Art classes provided to the youth in the community. * Provided meals to the monthly Rotary Club meetings. * Fidget Blankets were made and donated to the Robertson County Nursing Home. These are just a few things made possible last year by people like you! We touched so many lives by giving just a few hours a month of our time and that should make us feel good! Thank you all for making our little part of the world a better place. Now, on to September. Club meetings begin on a date and time decided by each club. **Dates to remember: Sept.10th - Quilting Clubs meets at 10 am Sept.11th - Deadline to sign up and turn in money to attend the Bluegrass Annual Meeting. Held on Oct.11th,2024 in Powell County. Sept.17th - Knit Wits 6 pm create your own Hocus Pocus book. Sign up on the Extension Office Facebook page. Sept.26th - Council Meeting and Leader Lesson 10 am. Basket Weaving 6 pm. I hope to see all our existing members returning for another momentous year and we'd love to see our membership number increase. So, as you're filling out your membership and paying your dues, remember you can give a gift and pay for someone you think would like to become a Homemaker member. There's power in numbers! The more members we have, the more we can achieve!

Have a great September! Let the meetings begin!

Christy Shelley Nicholas County Homemakers President





Please join us for a



KNIT WITS

Hoops Pours Book

\$5 for Non-Homemaker members

\$3 for Homemaker members

SEPTEMBER 17TH 6 P.M.

368 East Main St.
Carlisle, Kentucky

Come craft with the Knit Wits group to create the iconic Spell Book to add to your Halloween Decor!

RSVP (859) 289-2312



In the Face of **DISASTER**

UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

ARE YOU PREPARED?

September is National Preparedness Month



Date: September 12th

Time: 6 p.m.

Location: Livestock Barn

Cost: FREE



Option to purchase a disaster preparedness tote for discounted price of \$20 complete with NOAA Weather Radio, crank and solar battery charger, can opener, fire/waterproof document holder, measuring cups and spoons, first aid kit, backpack, and more!

Three options to register: Call (859) 289-2312, scan the QR code, or click the link!

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Quilting Club

First Meeting for the
2024-25 Year

September 10th at 10
a.m. at the Office

Bring your ideas and let's plan
some new projects! !

UK Cooperative Extension Service

Basket Weaving Class



September 26th at 6:00 p.m. at the Extension Office
Please register by calling our office to reserve your spot!
Space is limited! (859) 289-2312

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Lexington, KY 40506



GARDENING Safely

Come and learn the health benefits of gardening and strategies to prevent injuries from happening in the garden.

Leaders will be training on 9/26 with lesson being taught in October Meetings!



Date: September 26th
Time: 10 a.m.
Location: Office

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Established 1980
with prior authorization

NICHOLAS COUNTY COOPERATIVE EXTENSION HOMEMAKER COUNCIL

MEETINGS

Save the Date



SEPTEMBER 26TH
NOVEMBER 26TH
JANUARY 21ST
MARCH 25TH
MAY 15TH- TENTATIVELY SET ASIDE FOR ANNUAL MEETING



 Cooperative Extension Service

Cooking Through



the Calendar



Ramen Skillet Dinner
September 26th at 11 a.m.
Nicholas County Extension Office

Try tasty Nutrition Education Calendar Recipes and discover strategies to eat and cook healthier at home.



BLAZE THE TRAIL

BLUEGRASS AREA EXTENSION HOMEMAKERS'

ANNUAL MEETING

Highlighting Powell County, Kentucky, home of the beautiful Natural Bridge State Resort Park and a portion of the Red River Gorge.

Guest Speaker: Pete Fingerson, Executive Director
Powell County Tourism Commission

FRIDAY, OCTOBER 11, 2024



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with prior notification.

PLEASE JOIN US:

WHEN:

Friday, October 11, 2024

WHERE:

Bowen First Church of God
5555 Campton Rd, Stanton, KY
40380

TIME:

9:30 Am Registration and morning refreshments

10:00 am call to order

REGISTRATION DEADLINE:

SEPTEMBER 11, 2024

Cost \$15

For questions, contact: Kendyl Redding at 606-663-6405 or
kendyl.l.redding@uky.edu

Bluegrass Area Homemaker Annual Meeting Registration
Complete & return by September 11, 2024 to your County Extension Office with your check payable to _____

Name: _____ Phone: _____

Email: _____ Club Name: _____

Mailbox member: _____ Guest: _____

Lunch Selection: Chicken Salad Ham and Cheese
 Vegetarian

I will be driving the van for anyone who wants to carpool!

THIS MONTH'S TOPIC:
BUILDING AN EMERGENCY KIT ON A BUDGET

Building an emergency kit doesn't have to cause a disaster for your finances. Build it slowly, starting with essential food and water, and then buy other items as your budget allows. Add an extra item to your shopping lists once or twice a month that you can put in the kit to spread out the costs over time.

EMERGENCY KIT BASICS

There are basic items every kit should have in addition to food and water. Download a comprehensive list at <https://ukfcs.net/DisasterKit>. Tailor the list to meet the needs of your family. Start by checking at home for items you may have on-hand. You may have a manual can opener, flashlight, extra phone chargers, batteries, and matches in the back of kitchen drawers. You can also make your own first-aid kit with items you already have like bandages, antiseptic wipes, medications, tweezers, ointment, etc.

SHOP SALES

Make a list of items you don't have and watch for sales. If you're an online shopper, put pricier items (like a multitool or fireproof document bag) in your online cart to be notified when the price drops. Also, stock up during common sales like Back to School, Black Friday, or other annual holidays. Check



with friends or neighbors to see if they have an interest in building a kit. You may be able to combine lists and buy some items in bulk, lowering the cost for everyone.

A weather radio may also be helpful during inclement weather or power outages. Don't let price be the reason to go without. A weather radio doesn't have to be a top-of-the-line model; one that includes the basics will do. Weather radios can be battery operated or powered by a hand crank or solar panels. Check online for reviews and pricing options before buying.

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**STOCK UP ON NONPERISHABLE FOOD AND CANNED GOODS
WHEN YOUR LOCAL GROCERY STORE IS HAVING A SALE**



GRAB DOLLAR DEALS

Stock up on nonperishable food and canned goods when your local grocery store is having a sale. Check weekly ads for deals like "10 for \$10," or shop the day after a holiday when certain items are marked down or put on clearance. Be mindful when buying canned goods and don't buy leaking, swollen, or deeply dented cans. Also, it is important to buy things that you and your family enjoy. Don't buy pinto beans because they are on sale if no one in your family will eat them. Consider buying generic or store brand items for your kit, but don't skimp on nutrition. Buy nutrient-dense foods that are high in protein. Find examples at <https://ukfcs.net/DisasterMenuIdeas>.

WATER IS ESSENTIAL

Water is a necessity. You should have 1 gallon of water per person per day. If buying bottled water is too expensive, you can bottle your own. Use a food-grade container like a 2-liter

soda bottle. Don't use containers that once held milk or juice, as these containers have residues that are difficult to remove and could provide an environment for bacterial growth. Wash the bottle and cap thoroughly using detergent and warm water. Rinse and sanitize with a solution made from 1 teaspoon unscented liquid bleach and 1 quart water. Shake the sanitizer solution all around the bottle and rinse well. Fill with clean water and add the date to the outside of the bottle. Replace this water every 6 months.

Once your kit is complete, consider making a "grab and go bag" or filling a backpack with essentials in case you must leave your home quickly. Don't let budget constraints keep you from building an emergency kit. Start today and protect your family and your finances!

RESOURCE:

<https://www.ready.gov/low-and-no-cost>

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ADULT

HEALTH BULLETIN



SEPTEMBER 2024

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

Nicholas County Extension Office
368 East Main Street
Carlisle, KY 40311
(859) 289-2312

Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air.



THIS MONTH'S TOPIC: GROUNDING

STEP INTO NATURE: GROUNDING



When you think of going barefoot in the grass, the first thing that comes to mind might be that of a small child. But taking off your shoes and feeling the Earth beneath your feet can be worthwhile for adults, too. Maybe you have heard of the practice of grounding. Grounding is going barefoot outside on the grass or dirt. You might have heard that it is beneficial for your health, or maybe you have wondered if it is true.

People have practiced grounding (sometimes also called earthing) for thousands of years for its positive effects. But the practice became popular again during the coronavirus pandemic as a way to relieve stress. Stress relief is one proven benefit of

Continued from the previous page

grounding. There are other scientifically measured benefits as well. Recent studies have shown that in addition to reducing stress levels, grounding also helps improve overall mood, improve sleep and energy levels, improve circulation, reduce symptoms of anxiety and depression, improve immune system function, lessen the severity of chronic illnesses, and reduce pain in the body.

How does grounding work? When you stand directly on the Earth's surface, your body is able to absorb electrical energy from the Earth. Electrons emitted from the Earth act as antioxidants in human bodies that neutralize free radicals. Free radicals are known to tax our body's systemic function, leading to a variety of undesired results. They are also known to cause inflammation and may contribute to chronic disease risk and cancer. While part of combatting the effects of free radicals includes limiting contact with harmful plastics and other highly manufactured foods, products, and environments, counteracting those effects are just as, if not more important. Spending time outside, breathing fresh air, and eating a wide variety of plants are other important parts of our overall well-being.

Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air. Your yard is a perfect place to practice grounding. Or you could go to a local park or other natural setting.

As you relax your body, direct your attention to your feet. Feel the ground on the soles of your feet and on your toes and enjoy the feeling of your skin making contact directly with the Earth. You may choose to stand still or walk around if the ground is free of debris. Be mindful of sharp sticks, rocks, or trash that could hurt your feet.

As you're grounding your body, focus your attention on healing your mind as well by letting go of stress. Imagine the negative energy of your stress flowing out of your body from the top of your head, and the positive energy of well-being flowing into your body through your feet.

There is no limit to the amount of time you can spend grounding, so enjoy any mild days and sink your feet into the ground as often as you are able. Ideally, fit time for grounding into your daily or weekly routine to get the most from your experience on an ongoing basis.

REFERENCE:
<https://wellbeing.gmu.edu/thriving-together-series-the-well-being-benefits-of-grounding>

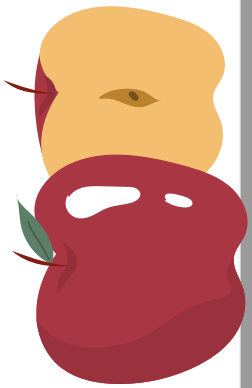
ADULT HEALTH BULLETIN
Written by: Katherine Jury, MS
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Stock images: Adobe Stock

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September 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Headquarters @10	4	5 Ellisville @11 Moorefield @12 Domestic Divas @6	6	7
8 Grandparents Day	9	10 Quilting Club 10 a.m.	11	12 Disaster Preparedness - Barn - 6 p.m.	13 National Positive Thinking Day	14
15	16	17 Knit Wits Hocus Pocus Book	18	19	20	21
22	23	24	25	26 Leader Lesson Council and Cooking Through Calendar Basket Weaving 6pm	27	28 Saturday in Carlisle
29	30					





Zippy Zucchini Cakes

2 cups shredded zucchini	1 tablespoon olive oil	1 cup shredded Mozzarella cheese
2 large eggs	1/3 cup all-purpose flour	1/2 teaspoon salt
1 egg white	1/3 cup whole wheat flour	1/4 teaspoon dill
1/4 cup skim milk	2/3 cup corn meal	1/2 teaspoon black pepper

- 1. Combine** the zucchini, eggs, egg white, milk and olive oil.
- 2. Stir** until just mixed.
- 3. Add** the remainder of ingredients into zucchini mixture. For added zip, substitute Pepper Jack cheese for the Mozzarella, add 1 tablespoon chopped jalapeno pepper or 1/2 teaspoon crushed red pepper flakes.
- 4. Stir** until moistened.
- 5. Spoon** the batter onto a lightly greased griddle or large non-stick skillet to form 2 inch cakes.
- 6. Cook** 3 to 4 minutes or until the edges are lightly browned.
- 7. Turn** and cook on the other side for 3 to 4 minutes. **Serve.**

Yield: 10, 2 inch cakes.

Nutrition Analysis: 80 calories, 2 g fat, 0 g sat.fat, 30 mg cholesterol, 140 mg sodium, 10 g carbohydrate, 1 g dietary fiber, 1 g sugar, 4 g protein.



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