

AUGUST 2024

# FCS & HOMEMAKER newsletter



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

Cooperative Extension Service  
Graves County  
4200 State Route 45 N  
Mayfield KY, 42066  
270-247-2334

|                      |  |
|----------------------|--|
| August 5, 12, 19, 26 | 10am Crochet Club- every Monday  |
| August 1             | 1pm Homemaker Book Club at the GC Public Library<br>The River Wife by Jonis Agee |
| August 3             | 9am-12pm Homemade Pasta class - one spot left                                    |
| August 15            | 10am & 5:30pm Greeting Card make & take  |
| August 24            | 9am-12pm Tamale Cooking Class - money due 8/9                                    |
| August 24            | 10am Sourdough Class - money due at the door                                     |
| August 27            | 10am Graves County Homemaker Annual Day  |
| August 31            | 9am-12pm Mediterranean Cooking Class - money due 8/23                            |
| September 4          | 10am Homemaker Officer & Educational Chairman Training                           |
| September 5          | 4:30-6pm Fall Fest & Chili Cook-off  |
| September 10         | Purchase Area Annual Day- Calloway County Extension Office                       |
| September 12         | 5:30pm Adult Sewing Group  |
| September 16         | 9am-3pm Liz's Barn Quilt Class - money due 8/16                                  |
| September 18         | 10am County Homemaker Educational Chairman follow-up meeting                     |

Are you ready for a great new year of extension homemakers? I hope so! We have lots of things to look forward to in our new year. There are some great new lessons, a book club you can join, and more classes you can attend. But let's talk about how YOU can make this a wonderful year for extension homemaking. First, be optimistic. Nothing kills an organization quicker than negativity! Make a conscious effort to be optimistic. Find something nice to say about a person or situation. It will make you feel better and if you are saying something nice about a person, imagine how that will make them feel.

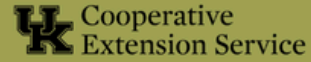
Be resilient. Even when things go wrong or don't go your way, be resilient and bounce back. We always want what we want and are disappointed or even angry when things don't go our way. Do you know anyone who actually holds a grudge when they don't get their way? I do and all they do is make themselves and everyone else miserable. Take the advice of Ted Lasso. "Be a goldfish. They are the happiest animal on Earth. They have a ten second memory. Be a goldfish."

Be courageous. Perhaps you need to step out of your comfort zone to help your organization. Maybe you think you can't give a lesson to your members because you would have to talk in front of a group. Be courageous and step up and just try. Perhaps you will learn something about yourself. Perhaps there is a leadership role you have thought about but just can't make yourself volunteer. Take a leap of faith or at least try! Homemakers offer so many opportunities for all of us. Be courageous and become someone who takes the risk.

Finally, enjoy and have fun. We can contribute so much of ourselves when we enjoy what we are doing. Throw in a little fun, and we can accomplish so much! When we laugh, we learn! I've been in meetings where there was no laughter. I probably don't remember anything else about that meeting except that there was no laughter. Other meetings, we've laughed, and I remember what we discussed. So, laugh and have some fun with your fellow homemakers! Please plan to attend our Graves County Annual Day on August 27 at 10 am. Hopefully, we will have some laughs in honoring our homemakers and their accomplishments in 2023-2024. When we all work together, there is no limit to what we can accomplish.

Call the Extension Office to sign up  
Money due 8 / 23

taught by Cortney Burgess



# MEDITERRANEAN 101



Limited to 15 people - \$10

Make + eat fresh dressings, stuffed veggies,  
mixed veg casserole, braised greens with  
peppers, braised green beans and potatoes  
& two kinds of salads!

Saturday  
**August 31, 2024**  
9AM - 12PM

Nonrefundable

*An Equal Opportunity Organization*

Graves County Extension Office



Call the Extension Office to sign up

 Cooperative  
Extension Service

# Sourdough Class!

Learn to make sourdough starter  
with Kara Rogers

August 24, 10AM

Graves County Extension Office



**\$10 at the door!**

An Equal Opportunity Organization

GRAVES.CA.UKY.EDU



Call the Extension office to sign up  
Money due August 9th

taught by Cortney Burgess

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# TAMALE

Saturday  
August 24, 2024  
9AM - 12PM



Limited to 12 people - \$30

Each person will take home  
one dozen pork tamales!

Nonrefundable

# CLASS

*An Equal Opportunity Organization*

Graves County Extension Office



YOU ARE INVITED TO JOIN US FOR

HOMEMAKER

*Annual Day*

AUGUST 27, 2024  
AT 10:00 AM

4200 STATE ROUTE 45 N  
MAYFIELD, KY 42066

KINDLY RSVP TO  
THE EXTENSION OFFICE







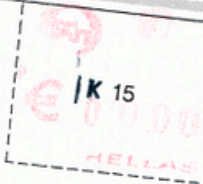
you're invited to

# Fall Fest



SEPTEMBER 5  
4:30-6:00PM

enjoy lawn games, treat walk,  
face painting, petting zoo + more!  
meet the staff, learn about our  
programs + register for door prizes



GRAVES COUNTY  
EXTENSION OFFICE

4200 ST RT 45 N  
MAYFIELD, KY 42066



# GRAVES COUNTY EXTENSION OFFICE



## COOK RULES:

- ★ MUST PRE-REGISTER IN ORDER TO PARTICIPATE!
- ★ WILL RECEIVE GUIDELINES UPON REGISTRATION
- ★ BRING IN OWN SLOW COOKER!
- ★ ONE POT PER ENTRY!
- ★ TOMATO-BASED CHILI ONLY!
- ★ PRIZES AWARDED TO TOP THREE POTS!
- ★ BRING IN CHILI BEFORE 3PM ON DAY OF EVENT!

FREE TO ENTER!

THURSDAY

4:30PM



6:00PM



CALL TO REGISTER  
**270-247-2334**

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# Purchase Area Homemaker Annual Day



**The Ties That Bind**

**SAVE THE DATE**

**September 10th, 2024**

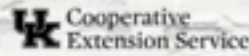
**Calloway Extension  
Meeting Hall  
93 Extension Way  
Murray, KY 42071**



**Cooperative  
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# Payment due to the Extension office by August 16th



## Paint Party BY *Liz's Barn Quilts*



### PRICES INCLUDE:

- All supplies (boards, brushes, paint, etc.)
- Boards primed and ready to paint
- Paint colors can be decided day of event
- Lunch (please advise if you have special dietary needs)
- Must be paid in full by August 16, 2024

**NO** refunds on missed event - alternate arrangements will be available  
Please bring your own drink, hair dryer and .94" Frog Tape

**Call to register, space is limited!**

| LOCATION  | DATE & TIME                              | OUTDOOR SIGNS:                              |
|---|--|---|
| <b>GRAVES COUNTY<br/>EXTENSION OFFICE</b><br>270-247-2334 | <b>SEPT 16, 2024</b><br>FROM 9 AM - 3 PM | 2'x2'      3'x3'<br><b>\$130      \$190</b> |

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

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Disabilities  
accommodated  
with prior notification.





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