



Kelly Alsip, FCS Agent

Fall is my Favorite Time of the year!

First and foremost, get out and enjoy the beautiful colors of fall! Hopefully, we can wear fall instead of summer clothing at some point; I am getting tired of my summer wardrobe!

A few big events are coming up that I wanted to highlight. Please come out and participate or attend the Homemaker Bazaar on November 2nd. Don't worry, the Scrapbooking Crop event registration is still open! It is a two-day event November 8th-9th, please call the office to register. November 15th from 3:30-5:30 pm, is our Harvest Festival (kind of like an outdoor fall festival) all ages are invited! Please call the office to volunteer your time for a booth, to help set up, and take it down. All hands-on deck! Also, spread the word to everyone you know! Everything is free of charge. Everyone in the community, city and county is invited.

On into December! On December 14th from 9 am-11 am, we will have a FREE event for all of the community children and their families, "A Morning with Mrs. Claus." We will have a story walk, each family will receive the storybook we read, a Christmas picture with Mrs. Claus herself, and much more! Again attend, and volunteer, we always need helpers! Call the office to inquire about any of our many upcoming events!

Kelly Alsip



**Carmela Ballard,
Homemaker President**

November is the most favorite time of year for so many people. In western Kentucky, our November is very warm of later years and we can enjoy the beautiful leaves that are in display for us. We call this time of year at our house, Thankful November.

Many years ago, before the first of November, I would give my children and their spouses a small notebook and tell them to write down, every day in November, something that they were "THANKFUL" for. I would also include 2 sets of sticky notes for them to write little notes to each other, to randomly put in places. The grandchildren came along and I started the tradition with them of the THANKFUL BOOK. It's small. It is only for November, so it is set up to be small and simple. I write a little note inside, then end with "BE THANKFUL"! Of course, the idea is that they write something down each day in November and maybe they could start a habit, or at least be aware of being thankful for all God has given us. Gratitude is a practice. When you practice gratitude, you look for it in your day. This is really a simple thing to do for your friends or family. I have passed this tradition on to many of my friends and just slip them a little THANKFUL BOOK. Even if they only use it a few times, isn't that worth it? Try it with yours!

I am a most grateful woman, to know this wonderful group of people that I have gotten to know and love that are associated in so many ways with the McCracken County Extension Homemakers Community. May you find a little time in this season of Thankfulness to breathe in the goodness around you and appreciate all that you have been blessed with.

"Reflect upon your blessings, of which everyone has plenty, not on your past misfortunes, of which everyone has some." Charles Dickens

Happy Thanksgiving!

Counting My Blessings,

CARMELA



DEADLINE TO SUBMIT

2024-2025

HOMEMAKER

ENROLLMENT FORMS

AND DUES IS

NOVEMBER 22

Events

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

Harvest Festival

3:30 PM to 5:30 PM

November 15th, 2024

McCracken County Cooperative Extension Office
2025 New Holt Rd
Paducah, KY 42001

A fun, FREE event for families and friends! We will have pumpkin painting and picking, games, taste testing, hands on harvest activities and crafts, a fall photobooth, fundraising opportunities, and much more!

Free entry

For more information call
270-554-9520

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, Kentucky Counties, Cooperating.
Lexington, KY 40506



KENTUCKY COOPERATIVE EXTENSION

MACHINE EMBROIDERY CLASS

Beginner Class (18+)

Some machines will be provided, but you can bring your own.

November 25
9 am - 3 pm

Limited space
Reserve your spot by calling (270) 554-9520

Bring your own lunch!

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KENTUCKY COOPERATIVE EXTENSION

TECH CLASS: SPREADSHEETS, LEVEL 1



This is a beginner level class, so if you don't know what spreadsheets are or why you would ever want one, this class is for you!

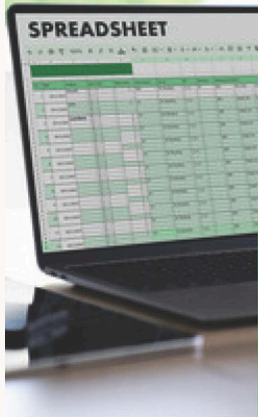
WHAT YOU'LL LEARN:

- Google Sheets/Excel
- Spreadsheet Template
- Menu Options
- Use of Spreadsheets

FREE CLASS!
CALL TO SIGN UP!

Wednesday,
November 13th
10 - 11 am

(270) 554-9520



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KENTUCKY COOPERATIVE EXTENSION

NEW

ART ENGINES • STOMP CHI

WEDNESDAY,
NOVEMBER 13TH
1 - 3 PM

Combination Class of
"Stomp Painting" and
"Stomp Chi"

Artist, Lady Van Tiger, will teach each student how to create an impressionist landscape using "foot sponges".

Students will also participate in a movement routine based on Ti Chi exercises.

Adjustments can be made for those with limited mobility.

CALL
(270) 554-9520
TO SIGN UP

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Events



KENTUCKY COOPERATIVE EXTENSION

ARTS AND CRAFTS DAY

CHRISTMAS ORNAMENTS

PLEASE JOIN US FOR AN EARLY HOLIDAY CRAFT. WE WILL BE MAKING A SPHERICAL AND SHELL ORNAMENT. BOTH ARE DECOUPAGE. GREAT FOR BEGINNERS AND PROS ALIKE




- FRIDAY, NOVEMBER 8TH
- 9:30 AM
- \$6 FOR BOTH (PAY AT DOOR)

CALL (270) 554-9520 BY NOVEMBER 5TH TO SIGN UP

CALL SOON

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4-H Youth Development
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McCracken County Cooperative Extension Presents:

A MORNING WITH MRS. CLAUS

SAT 14 DEC

From 9 AM Until 11 AM

Join us to celebrate the holiday season with a Christmas Story Walk, Cookie Decorating, Holiday Crafts and Activities, and pictures with Mrs. Claus!

2025 New Holt Rd, Paducah, KY
Call 270-554-9520 for more information

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Paws and Santa Claus

December 14th, 2024
12pm - 4pm

Bring in your pet to have their picture with Santa.
Look for sign-up information in December Event Calendar



PAWS AND SANTA CLAUS

MCCRACKEN COUNTY COOPERATIVE EXTENSION SERVICE

- Free Pictures
- Open to community
- Registration info coming

SATURDAY, DECEMBER 14

12 PM - 4 PM



Merry and Bright Bingo

PURCHASE AREA MENTAL HEALTH AND AGING COALITION

- Free event for seniors
- Open to community
- Registration info coming

FRIDAY, DECEMBER 12

10 AM - 12 PM



UPCOMING EVENTS



January 2025

MORE INFORMATION IN NEXT NEWSLETTER

- Chair Yoga
- Honor my Decisions Workshop (Prepare and Complete your Living Well)
- RSVP Health Fair

MEET AN OFFICER A MONTH



Meet Your 1st Vice President

DIANNE DICKEY

DIANNE BELONGS TO THE CONCORD CLUB, WHERE SHE CURRENTLY SERVES AS CLUB PRESIDENT . SHE HAS ONE SON WHO IS MARRIED AND DIANNE HAS BEEN A WIDOW FOR 6 YEARS. DIANNE ENJOYS GENEALOGY AS A PASTIME. SHE IS SERVING HER 2ND YEAR IN HER TERM AS OUR MCCRACKEN COUNTY EXTENSION HOMEMAKERS 1ST VICE PRESIDENT.

**QUESTIONS?
FOR MORE
INFORMATION
CALL
(270) 554-9520**

**WEBSITE:
MCCRACKEN.CA.UKY.EDU**

**EMAIL:
MCCRACKEN.EXT@UKY.EDU**



A HUGE THANK YOU TO DEBBIE ADAMS FOR LEADING THE BAKLAVA CLASSES

THANKFUL



KIKI MONTGOMERY LEARNING HOW TO MAKE BAKLAVA



Christmas will be here soon!

SUPPORT HOMEMAKERS BY SHOPPING THE RADA KITCHEN STORE

Check out the Rada Catalog for knives, utensils, mixes and so much more! Scan the QR code or go to <https://bit.ly/3eua1n3> and all orders support the McCracken County Homemakers!



November 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	01	02 BAZAAR 8 AM - 3 PM
03	04	05  Election Day 	06 GLOBAL KITCHEN EXPERIENCE BAKLAVA 10 AM - 12 PM	07 NEEDLEWORK CIRCLE 10 AM - 12 PM CROCHET ALLEY & KNITTING ROW 1 PM - 3 PM	08 SCRAPBOOKING CROP 9 AM - 10 PM ARTS AND CRAFTS 9:30 AM	09 SCRAPBOOKING CROP 9 AM - 5 PM
10	11	12 ADULT SEWING 9 AM - 12 PM GOLDEN DAYS CLUB 10 AM HAPPY CLUB 10 AM	13 TECH CLASS-SPREADSHEETS 10 AM ART ENGINES; STOMP CHI 1 - 3 PM	14	15 HARVEST FESTIVAL 3:30 - 5:30 PM 	16
17	18	19 BAGS OF LOVE 9:30 AM - 1 PM HOMEMAKER ADVISORY COUNCIL MEETING 1:30 PM	20 SCRAPBOOKING 9 AM - 3 PM	21 GAME DAY, COME PLAY! 9 AM - 12 PM NEEDLEWORK CIRCLE 10 AM - 12 PM CROCHET ALLEY & KNITTING ROW 1 PM - 3 PM	22 CHAMPION FOOD VOLUNTEER MEETING 9 AM	23
24	25 MACHINE EMBROIDERY CLASS 9 AM - 3 PM HOMEMAKER GARDEN CLUB 10 AM	26 EXTENSION QUILT CLUB 10 AM - 4 PM	27	28  	29 	30

Butternut Squash and Turkey Chili

2 tablespoons olive oil	1 pound (1 small) butternut squash — peeled, seeded, and cut into 1-inch cubes	2 (14.5-ounce) cans petite diced tomatoes	1 (15.5-ounce) can white hominy, drained
1 medium onion, chopped	1 cup low-sodium chicken broth	1 (15-ounce) can no-salt-added kidney beans, drained and rinsed	1 (8-ounce) can tomato sauce
4 cloves garlic, minced	1 (4.5-ounce) can chopped green chilies		1 tablespoon chili powder
1 pound ground turkey			1 tablespoon ground cumin
			1/2 teaspoon salt

Stovetop: Heat the olive oil in a large pot over medium heat. **Stir** in the onion and garlic; **cook** and **stir** for 3 minutes or until onion is translucent. **Add** ground turkey. **Break** into pieces and **stir** until cooked through and no longer pink. **Add** the butternut squash, chicken broth, green chilies, tomatoes, kidney beans, hominy, and tomato sauce. **Season** with chili powder, cumin, and salt. **Bring** to a simmer, **reduce** heat to medium-low, and **cover**. **Simmer** until the squash is tender, about 20 minutes.

Electric Pressure Cooker: Press sauté function. **Add** olive oil and onion; **cook** and stir for 3 minutes or until onion is translucent. **Add** garlic and cook for 30 more seconds. **Add** ground turkey. **Break** into pieces and stir until cooked through and no longer pink. **Add** the butternut squash, chicken broth, green chilies, tomatoes, kidney beans, hominy, and tomato sauce. **Season** with chili powder, cumin, and salt. **Close** the lid, and then turn venting knob to the sealing position. **Pressure cook** at High Pressure for 15 minutes, **allow** for a natural release. **Open** the lid carefully.

Yield: 10, 1-cup servings

Nutrition analysis:
190 calories, 4g total fat, 0.5g saturated fat, 20mg cholesterol, 590mg sodium, 25g total carbohydrate, 7g fiber, 5g total sugars, 0g added sugars, 16g protein, 0% DV vitamin D, 8% DV calcium, 10% DV iron, 15% DV potassium



Kentucky Winter Squash

SEASON: August through October

NUTRITION FACTS: Winter squash, which includes acorn squash, butternut squash, pumpkin, and other varieties, is an excellent source of vitamin A and fiber.

SELECTION: Winter squash should be heavy for its size with a hard, tough rind that is free of blemishes or soft spots.

STORAGE: Store it in a cool, dry place and use within one month.

PREPARATION:

To steam: Wash, peel, and remove seeds. Cut squash into cubes. Bring 1 inch of water to a boil in a saucepan and place squash on a steaming basket in the pan. Do not immerse it in water. Cover the pan, and steam for 30 to 40 minutes or until tender.

To microwave: Wash squash, cut it lengthwise, and remove seeds. Place on a baking dish. Microwave until tender, using these guidelines:

- **Acorn squash:**
1 squash, 8 1/2 to 11 1/2 minutes
- **Butternut squash:**
2 pieces, 3 to 4 1/2 minutes
- **Hubbard squash (1/2-pound pieces):**
2 pieces, 4 to 6 1/2 minutes.

To bake: Wash squash, cut it lengthwise and remove seeds. Smaller squash can be cut in half; larger squash should be cut into portions. Bake in a baking dish at 400 degrees F for 1 hour or until tender.

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences University of Kentucky, Dietetics and Human Nutrition students

Source: FruitsAndVeggies.org

July 2021

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



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