

October 2022

McLean County Extension

Family and Consumer Sciences



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

McLean County
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Calhoun, KY 42327
(270) 273-3690
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Important Dates

- ◇ October 4, Pumpkin Desert Dish Garden 10:00 A.M.
- ◇ October 6, Charcuterie 101 9:30 –11:00 A.M.
- ◇ October 8, Charcuterie 101 9:30 –11:00 A.M.
- ◇ October 9-15, 2022 KEHA Week, "Let Your Light Shine"
- ◇ October 11th, Beech Grove / Glenville Clubs meeting at 12:00 p.m.
- ◇ October 12th, Pumpkin Desert Dish Garden 1:00 P.M.
- ◇ October 13th, Homemaker Reception 1:30–3:30 P.M.
- ◇ October 13th, Friendship Club meeting at 6:00 p.m.
- ◇ October 13th, Homemaker Council Meeting at 4:00 p.m.
- ◇ Oct 21st, Drop off Quilts for Quilt show 2:00 -4:00 p.m.
- ◇ Oct 22, Harvest Day Quilt Show 3 to 8 at 4-H Activities Building.

Kelly Bland
McLean County Extension Agent for
Family and Consumer Sciences

In honor of Kentucky Extension Homemakers Association (KEHA) week, the McLean County Cooperative Extension Office will be hosting a reception for all homemakers, and those interested in becoming a homemaker, on Thursday, October 13th from 1:30 - 3:30 p.m. Please stop by, enjoy refreshments, and register for door prizes, as we honor our McLean County Homemakers.

Let Your Light Shine!

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546

Disabilities accommodated with prior notification.

Judge Curtis Dame will be coming to sign the Proclamation making October 9-15, 2022 KEHA Week during the Homemaker Reception **Oct 13th at 2:30 p.m.**



**Calhoun Harvest Day
4-H Youth Pumpkin and Gourd
Contest**

October 22nd, 2022

Classes:

- Largest Pumpkin
- Smallest Pumpkin
- Best Carved Pumpkin
- Best Decorated Pumpkin
- Best Carved & Decorated Pumpkin
- Best Decorated Gourd
- Most Unusual Gourd

Registration

- Registration at 3 PM
- Contest at 3:30 PM
- Limit of one per class
- Pick up entries at 6 PM



Prize Awards

- Best Overall entry-\$25.00
- Cash Prizes for each class:
- 1st \$5.00, 2nd \$4.00, 3rd \$3.00
- All entries not placing will receive \$1.00 per entry

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LEXINGTON, KY 40546



2023 4-5 CAMP

SAVE THE DATE!!

JULY 4-7, 2023
WEST KY 4-H CAMP
DAWSON SPRINGS, KY

**THEME:
TIME WARP**

**CAMPERS:
YOUTH, 8 YR OLD
(GRADUATING 3RD GRADE)
- 15 YR OLD**

**TEEN COUNSELORS:
YOUTH, AGES 16-18**

**ADULT COUNSELORS:
AGES 19 & UP**



**DETAILS COMING
SOON!**



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**PUMPKIN DESERT DISH
GARDEN**

Come make a Pumpkin Dessert Dish Garden

OCTOBER 4TH, 2022 AT 10:00 A.M.

This class will be for adults only

OCTOBER 12TH, 2022 AT 1:00 P.M.

This class will be for children 9 to 18

MYER CREEK PARK 4-H ACTIVITIES BUILDING



Cost will be \$15.00 due by October 3rd at the Mclean County Extension Office.
Spots are limited!!!

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McLean County Homemaker Connection



Homemaker Meeting Dates

- Beech Grove / Glenville Clubs meeting October 11th, 12:00 p.m. at McLean County Cooperative Extension
- Friendship Club meeting October 13, 6:00 p.m. McLean County Cooperative Extension Service
- Homemaker Council Meeting, October 13th, at 4:00 p.m. at McLean County Cooperative Extension Service

Green River Area Officers

President, Mechele Arnold
Secretary, Sharon Barnett
Treasurer, Edna McCrady
1st vice president Lesa Keown

Harvest Day Quilt Show

Quilt Show will be on October 22, 2022 from 3 to 8 in the 4-H Activities Building. Quilt Drop off Oct 21st, 2:00 to 4:00 p.m.

Homemaker Cookbook Project

Hoping to have cookbook for sale by Harvest Day. All profit will go to Ovarian Cancer. Cost of Cookbook will be \$10.00.

Homemaker Lesson

Leaders Lesson: TYPES OF SCAMS
Fraud can happen to anyone at any age. Learn how to avoid being a victim by recognizing common scams.
Management & Safety Lesson

Thought for the month: "Beauty comes in all shapes and sizes. Small, large, circle, square, thin crust, thick crust, stuffed crust, extra toppings."

Anonymous

Roll Call: October is National Pizza

HOMEMAKER LESSON LEADER TRAININGS

October 18 in Daviess County and October 19 Henderson County

NOVEMBER LESSON: 10:00 A.M.
Savor the Flavor: Cooking With Oils and Vinegars.

JANUARY LESSON: 11:00 A.M.
Move Your Way: Exercise For Everyone



KEHA Week 2022

Join this year's KEHA Week celebration "Let your light shine!" from October 9-15, 2022. We are celebrating learning, leading, and serving through KEHA. Review the schedule for the week and plan now to join in the fun. Respond to each daily theme as noted below.

Meridian Monday - Share what guides you to confidently achieve your goals. Keep looking up like the meridian lines headed to the North Pole.

Tidal Wave Tuesday - What is your BIG idea for moving your homemaker club membership to the next level? Remember to share your idea at your next club meeting. Just think what a "tidal wave" your county will experience if each club implements one idea.

Wake Wednesday - Sharing ourselves is a core value of KEHA as a volunteer organization. What are you doing to leave a mark on your community? The ripples will spread like the wake behind a boat.

True Wind Thursday - Which way is the wind blowing? Take a moment to reflect on what your club is doing well and what things you might change. Are you sharing those things you're doing well and taking steps to change the others?

Fathom(able) Friday - What can you hardly fathom that you want to achieve? Could you run for club president or county president? Write down your dream and have the confidence to make it a reality.

Starboard Saturday - Leading and encouraging others are integral to KEHA. What are three things that you are doing RIGHT to build confidence in your fellow homemakers?

COUCH TO 5K TRAINING
RUN / WALK
TUESDAYS AT 5:30 P.M.
09.06.22 - 10.18.22

Have you ever wanted to join the Harvest Day 5K, but aren't a runner? This is the program for you! Join us every Tuesday at Myer Creek Park for Couch to 5K.

Couch to 5K is a program that takes you from the couch to running in just a few weeks. Each session will be 30 minutes long, and you will be at your own pace. Not interested in running? That's okay! This is a great way to train to walk a 5K, as well!

Attend 4 of the 7 training days and you will receive a special prize pack the morning of the Harvest Day 5K race.

NO REGISTRATION REQUIRED. JUST SHOW UP!

Questions? Call Kelly at the McLean County Cooperative Extension Office
(270) 273-3690



KENTUCKY EXTENSION HOMEMAKERS ASSOCIATION
KEHA
Homemakers Week
 "Let Your Light Shine!"

October 9- 15, 2022

Meridian Monday

Share what guides you to confidently achieve your goals. Keep looking up like the meridian lines headed to the North Pole.



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True Wind Thursday

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KENTUCKY EXTENSION HOMEMAKERS ASSOCIATION
KEHA
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 "Let Your Light Shine!"

October 9- 15, 2022

Starboard Saturday

What are three things you are doing RIGHT to build confidence in your fellow homemakers?

KEHA
WEEK
2022
Let Your Light Shine!



APPLE SPINACH SALAD



- 1 (10-ounce) bag baby spinach
- 1 large apple, diced
- 1/2 small red onion, thinly sliced
- 2 medium carrots, shredded
- 1/2 cup chopped pecans
- 1/2 cup dried cranberries

Dressing

- 1/3 cup olive oil
- 1/4 cup apple cider vinegar
- 1 tablespoon Dijon mustard
- 1/2 teaspoon honey
- 1/2 teaspoon garlic powder
- Salt and pepper to taste

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.

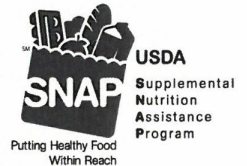
2. Gently scrub apple, red onion, and carrots with a clean vegetable brush under cool running water before preparing them.
3. Add all salad ingredients to a large bowl.
4. Add all dressing ingredients to a small jar with a lid. Shake well to combine. Pour the dressing over the salad and toss well to combine.
5. Serve immediately, and store leftovers in the refrigerator within 2 hours.

Makes 6 servings

Serving size: 2 1/2 cups

Cost per recipe: \$9.13

Cost per serving: \$1.52



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

Nutrition facts per serving:

250 calories;
19g total fat; 2g saturated fat; 0g trans fat; 0mg cholesterol; 110mg sodium; 20g total carbohydrate; 4g dietary fiber; 13g total sugars; 0g added sugars; 2g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 4% Daily Value of potassium.

Sources: Brooke Jenkins, Extension Specialist; and Jean Najor, Program Coordinator II, University of Kentucky Cooperative Extension Service



ADULT HEALTH BULLETIN



OCTOBER 2022

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

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THIS MONTH'S TOPIC: BREAST CANCER AWARENESS



October as National Breast Cancer Awareness Month. This month is devoted to educating everyone about breast cancer and the importance of early detection and timely, high-quality care. Other than skin cancer, breast cancer is the most common cancer among American women.

Fast facts about breast cancer

- 1 in 8 women will be diagnosed with breast cancer in her lifetime — that's one person every 12 minutes in the U.S.
- The two greatest risk factors of breast cancer are **being female** and **getting older**.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women.
- Men also get breast cancer, but it is not very common. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.

Continued on the back 



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Disabilities
accommodated
with prior notification.

For those at average risk, doctors recommend getting a mammogram every year starting at age 40.



→ **Continued from page 1**

Symptoms of breast cancer

- Any change in the size or the shape of the breast
- Pain in any area of the breast
- Nipple discharge other than breast milk (including blood)
- A new lump in the breast or underarm

If you have any of these signs, see your doctor right away. Keep in mind that some people diagnosed with breast cancer have no symptoms.

Know your risks

Knowing your family history is vital. Talk to your family and share that family health history information with your doctor to see how that history influences your risk of breast cancer. You and your doctor can create a personalized plan to monitor for signs of the disease.

Get screened

For those at average risk, doctors recommend getting a mammogram every year starting at

age 40. If there are any signs of breast cancer, finding it early and treating it early can save your life.

Make healthy lifestyle choices

Living a healthy lifestyle may lower your risk of breast cancer. Maintain a healthy weight, limit alcohol intake, and exercise regularly.

Know your normal

It is important to know what is normal for you and your body. If you notice something that does not look or feel right, notify your health-care provider. Early detection and effective treatment are critical to reducing breast cancer deaths.

REFERENCES:

- <https://www.cdc.gov/cancer/dcpc/resources/features/breastcancerawareness>
- <https://www.cancer.org/cancer/breast-cancer/risk-and-prevention.html>

ADULT
HEALTH BULLETIN

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123RF.com

