

Bell County Homemaker Newsletter

August/September 2023

QUOTE OF THE MONTH



“LEARNING HOW TO BE STILL, TO REALLY BE STILL AND LET LIFE HAPPEN-THAT STILLNESS BECOMES RADIANCE.” – MORGAN FREEMAN

UPCOMING PROGRAMS & EVENTS

PLEASE CALL OUR OFFICE TO REGISTER FOR THESE EVENTS 606-337-2376

Homemaker Council Meeting

Wednesday, August 2nd at 10:00 am in the 3rd-floor meeting room.

Tasty Tuesday

Join us in office on Tuesday, August 15th at 1:00 pm to make Can-Opener Salsa.

Annual Homemaker Kick-Off

This annual event will be held on August 24th at 5:30 pm, in the third-floor meeting room. This year the food will be covered, we are asking each club to bring a dessert. During kick-off, the council members are hosting a “House-Hold Shower” for the kitchen of our new building. We have a registry at Walmart if you would like to bring a gift.



Area Homemaker Leader Training

Hosted at the Laurel County Extension office on Tuesday, August 29th at 10:00 am. Lessons will be Savor the Flavor, Disaster Preparedness, and Holiday Ideas. Lunch will be served. Each club needs to have a representative there to receive the needed materials for your club meetings this fall. Please let me know who will be going.

County Cultural Arts Competition

Take the opportunity to enter your beautiful handmade items in our Homemaker Cultural Arts Competition on Friday, September 8th from 9:00 am to 12:00 pm. Items winning blue ribbons on the county level will move on to the area meeting in October. Attached to the newsletter is a list of acceptable categories.



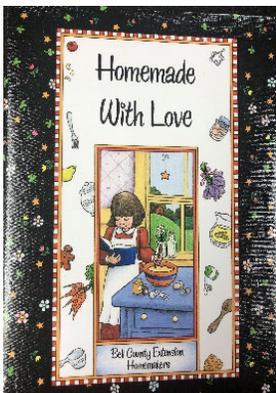
Learn, Laugh & Craft

Join us Thursday, September 14th at 1:00 pm in the 3rd-floor meeting room to make Corn Shuck Dolls.

Just a reminder that our office will be closed Monday, September 4th in observance of Labor Day.



"Homemade with Love"



cookbooks are still available for purchase. These will make a great gift for the upcoming holiday season! \$15

Upcoming October Dates

Please call our office to register for these events 606-337-2376

Fall Walking Program- Sunday, October 1st.

Dip On In- Thursday, October 12th at 5:00 pm.

Hiking For Health- Monday, October 9th and 23rd at 10:00 am

Holiday Ideas- Tuesday, October 24th at 5:00 pm

September is National Preparedness Month

Since the tragic events of *Sept. 11, 2001*, the federal government has named **September** as **National Preparedness Month**. This is to remind and encourage all *Americans* to be prepared for *emergencies and disasters either man-made, weather-related, or caused by other sources*.

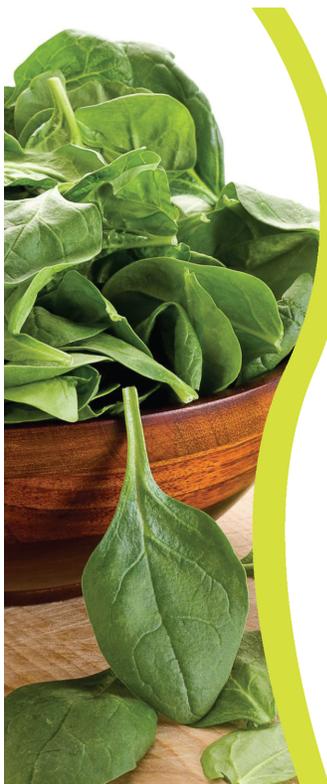
The *National Weather Service* encourages all *households, businesses, and communities* to take the following steps to prepare for a possible disaster or emergency.

- 1. Learn Your Risks and Responses- Be and Stay informed!**
- 2. Create a Plan- Practice your plan regularly so everyone is clear about their roles.**
- 3. Build a Supply/Emergency Kit- Maintain items by checking expiration dates and updating items as needed or based upon your families needs.**
- 4. Get Involved- Before disaster strikes, volunteer with your business or local community.**



National Preparedness Month ends Sept 30th, which is National Preparedness Day

Recipe of the Month



Spinach Slaw

2 cups chopped iceberg lettuce	¼ cup hummus, original flavor
2 cups chopped red cabbage	2 tablespoon local honey
2 cups chopped green cabbage	½ teaspoon garlic powder
1½ cups fresh spinach	⅛ teaspoon salt
¼ cup canola mayonnaise	⅛ teaspoon pepper

1. Wash, quarter, and **core** lettuce, red cabbage and green cabbage.

2. Thinly slice lettuce and cabbage quarters; chop slices into small pieces.

3. Wash and tear spinach leaves into small pieces.

4. Whisk together mayonnaise, hummus, honey, garlic powder, salt and pepper until ingredients are mixed well. **Toss** dressing with vegetables until coated thoroughly. **Refrigerate** for 30 minutes before serving.

Yield: 8, 1 cup servings.

Nutritional Analysis:
70 calories, 3.5 g fat, 0 mg cholesterol, 135 mg sodium, 11 g carbohydrate, 2 g fiber, 6 g sugar, 2 g protein.

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

