

Simpson County Extension Homemakers

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Greetings Simpson County Homemakers!

Thank you to all who attended the reception here at the office, called, sent well-wishes, cards, or expressions of love. You all are fantastic, and I am so excited to take on this role with you! My first two weeks of being an agent has been a whirlwind of meetings and trainings; and it doesn't seem to be letting up any time in the near future. Hopefully I will get to see you all soon.

There are a lot of dates and events coming up that you all need to be aware of.

Homemaker Leader Training

All county and club officers and chairmen are invited to attend the Officer Training being held in Warren County at 10:00 a.m. on November 1st. Registration will be at 9:30 a.m. Please let our office know if you plan to attend. We can carpool there if we know how many are attending.

The November Homemaker Lesson Leader Training on Charcuterie Boards will be on November 2 at 10:00 a.m. here at the Extension Office. It will be a recorded lesson so if anyone that is not signed up to be a lesson leader would like to attend, please feel free to do so. I would ask for you to call in to the Extension Office if you are planning to attend, so we will be sure to know how many to expect.

Homemaker Craft



The craft that was scheduled for Wednesday, October 24, has been rescheduled for Wednesday, November 16th at 10:00 a.m. at the Extension Office. There is a small fee of \$5 for this one. If you had not signed up and would like to do so, please email Brooke, brooke.brown@uky.edu or me, nancy.doyle@uky.edu or call the office 270-586-4484 by Friday, November 11.

THANKFUL *pleasing* **grateful**, obliged, indebted,
glad, welcome, blessed, appreciative *comforting*



Enrollment Forms

If you have not already filled out an enrollment form and paid dues in a club meeting, please do so and return to the Extension Office by November 30th. I believe that Franklin, Round Pond, and Harristown Clubs should get theirs at a meeting. Please note that KEHA requires us to collect enrollment forms each year. Also be aware that dues went up to \$13.00 for the 2023 year. Enclosed is a stamped envelope to assist anyone that won't be getting out, so be sure to return those enrollment forms and dues!

Speaking of Enrollments... I challenge each of you to reach out to someone you know that is not a Homemaker and invite them to join! I am including myself in this challenge, so let's see how many new (or past members that might have dropped out) that we can add!

KEHA is promoting the new "3-R's – Keys to Membership campaign. The three R's are to **Recruit** – Get a plus one; **Retain** – Value members and engage; and **Repeat**- Continue to grow. As an added incentive, each time a county gets three new members (above last year's total) the county will be entered into a drawing. For example, counties that get 9 new members will be entered 3 times. There will be five \$100.00 drawings per year. The County with the highest number will receive a Golden Key to display in the county.

Homemaker Holiday Party

We will be having our Annual Holiday Party on December 1st at 6:00 p.m. at the Franklin Church of Christ. Be sure to get this date in your calendar. As in the past, Simpson County Homemaker Club will provide meat, drinks, and paper products. Each person attending should bring a side or dessert. Spouses are welcome to attend! We will also be playing a Gift Exchange Game for anyone wanting to play. Bring a \$10.00 wrapped gift and join in the fun.



Fall Spiced Pumpkin Bread

Ingredients:

1/2 cup all-purpose flour
1 1/4 cup whole-wheat flour
1 1/2 teaspoons baking powder
1 teaspoon baking soda
2 teaspoons pumpkin pie spice
1/2 teaspoon salt
1/2 cup melted margarine
1/2 cup sugar
1/2 cup honey
2 cups pumpkin puree
1/3 cup olive oil
2 eggs
1/3 cup chopped walnuts

Directions:

Heat oven to 350 degrees F. **Mix** flours, baking powder, baking soda, pumpkin spice and salt; set aside. In a large mixing bowl, **whisk** together margarine, sugar, honey, pumpkin puree and olive oil. **Blend** in eggs. **Add** flour mixture. **Stir** until dry ingredients are moistened. **Spray** a 8-by-4 inch loaf pan with non-stick cooking spray. **Pour** batter into pan; **sprinkle** walnuts on top of batter. **Bake** for 1 hour. **Remove** from oven and **cover** with foil. **Return** to oven and **bake** an additional 20 minutes or until toothpick inserted in center comes out clean. **Cool** for 10 minutes and **remove** from pan. **Yield:** 16 Slices

Nutritional Analysis: 220 calories, 13 g fat, 2 g saturated fat, 30 mg cholesterol, 270 mg sodium, 26 g carbohydrate, 1 g fiber, 14 g sugars, 4 g protein



As many of you know, I have been at the Simpson County Extension Office as a Staff Assistant for ten years. In this time, I have gotten to know many of you on a personal level. I do ask for a little grace as I transition to this new role as agent. Hopefully we will all learn and grow together for the betterment of our little community. I am looking forward to working with you all!

Nancy Doyle

Nancy Doyle

Simpson Co. Extension Agent for Family & Consumer Sciences