

CALDWELL COUNTY HOMEMAKERS

September/October 2025

Newsletter

 Cooperative
Extension Service



Save the Date!

September 9

All Booked Book Talk

September 10

Sit N Sew

September 11

Bingocize Begins
@ George Coon

September 15

Smart Money Moves:
Before & After Disaster

September 16

Get Out of a Mealtime Rut
@ George Coon

September 27

Extension Extravaganza

September 30

Sorghum



Things to think about for the new homemaker year:

*How can your club or county
expand your reach, so that KEHA is
not "hidden" in your community?
Help new friends discover a
valuable organization.*

*What can you do to prepare for
what your adventure holds—today,
tomorrow, and the future?*

Ashley Board

Caldwell County Extension Service
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270-365-2787
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Save the Date!

October 2

Leadership Lessons from
Locals: Buckle Up Buttercup

October 13

Smart Money Moves:
Managing Holiday Expenses

October 17:

Pennyryle Area Annual
Meeting @ Hopkins

October 23

Leadership Lessons from
Locals: Leaders Ought to
Know

November 4

Selecting Sheets

November 6

Homemaker Council

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.

HOMEMAKER UPDATES

2025-2026 Leader Lessons

Each lesson will be offered twice via Zoom. A watch party will be held at the Extension Office for the morning session. The PM session will be offered via Zoom only. Lesson leaders will receive Zoom links via email prior to the sessions. If you are not a lesson leader and would like the link, email ashley.board@uky.edu.

October Leader Lesson: Sorghum: Spilling the Syrup on this Sweet Kentucky Proud Product

Taught by Lyon County FCS Agent Angie York

AM Watch Party at the Extension Office: September 30, 10:00 am

PM Zoom Only: September 30, 5:30 pm

Learn more about how sorghum syrup is made, about tips for adding sorghum flour to your baking arsenal and figuring out where in our state you can pick up this versatile Kentucky Proud product.

November Leader Lesson: Selecting Sheets

Taught by Todd County FCS Agent Jill Harris

AM Watch Party at the Extension Office: November 4, 10:00 am

PM Zoom Only: November 4, 5:30 pm

Cooling? Percale? Bamboo? Sateen? With so many types of sheets available, it's easy to get confused. Learn what they mean and unravel the mystery of thread count, too!

September 9 : All Booked Book Talk, 6:00 pm

The All Booked Book Talk will meet September 9 at a member's home at 6:00 pm. The book this month is Remarkably Bright Creatures by Shelby Van Pelt. Join with others to discuss all things books. You might even discover your next great read. Call the Extension Office for the address.

September 10: Sit N Sew, 9:00 am - 2:00 pm

The Sit N Sew Sewing Club will meet September 10 from 9:00 am - 2:00 pm at the Caldwell County Extension Office. Participants bring a sewing project to work on, as well as, sewing supplies. Socialize with other sewing enthusiasts. Come and go as you please.

October 17: Pennyriple Area Extension Homemaker Annual Meeting

Join us for "A Walk in the Park," hosted by Hopkins County Homemakers October 17. Doors open at 10:00 am. Cost is \$18 and includes lunch of Herb-Roasted Chicken Breast or Tangy Glazed Pork Loin with a baked potato and mixed green salad. Ashton Robinson, Mahr Park Superintendent, will be the speaker. Pennyriple Dulcimer Players will provide entertainment. Register and pay at the Caldwell County Extension Office by September 26.

**A WALK
IN THE PARK**



KEHA Manual

The KEHA Manual and Appendix has been completely updated. It can be found at <https://keha.ca.uky.edu/content/keha-manual>. If you are currently using a print copy, the entire document should be replaced. If you have bookmarked specific documents or pages online, please reset your bookmarks.

Cultural Arts/Spring Seminar

The Pennyryle Area Cultural Arts Contest and Spring Seminar will be held March 27, 2026, at the Christian County Extension Office and Expo. More details to come. The categories have been updated and are included in this newsletter. Remember that each entry must be the work of the Extension Homemaker and must have been completed during the past two years. Also, only one entry per subcategory per person. In other words, you cannot compete against yourself.

Lunch N Learn: Leadership Lessons from Locals

I am part of Epsilon Sigma Phi, a professional organization that helps Extension professionals grow in their careers, connect with others, and receive recognition for their work. Right now, I am participating in a leadership program through our Kentucky chapter of ESP, which includes completing a final project. Leadership Lesson from Locals is my project, and I would love for you to be a part of it! I'll be sharing insights from Buckle Up Buttercup by Michelle Wyatt, Leaders Ought to Know by Phillip Van Hooser, and Level Up by Alyson Van Hooser. You can expect hands-on activities, laughs, leadership lessons, and lunch. Sign up for one session or all three. Registration is available now to Caldwell County Homemaker Members. Registration will open to the public September 19. Registration will close the Monday before each session.

October 2: The Adaptive Leader, 11:30 am

Using insights from Buckle Up, Buttercup by Michelle Wyatt, we'll explore ways to embrace change even when it's messy.

October 23: The Common Sense Leader, 11:30 am

Using insights from Leaders Ought to Know by Phillip Van Hooser, we'll explore what makes a great leader.

November 6: The Focused Leader, 11:30 am

Using insights from Level Up by Alyson Van Hooser, we'll explore how to level up without burning out.

Homemaker Council

The Homemaker Council meets the first Thursday of September, November, January, March, and May at 10:00 am at the Extension Office.

KEHA Annual Meeting

The KEHA Annual Meeting will be held May 12 - 14, 2026, at the Hyatt Regency in Lexington. Lodging rates and details to come.



Smart Money Moves

September 15, 2025, 6:00 pm

Financial Considerations Before &
After a Natural Disaster

October 13, 2025, 6:00 pm

Managing Holiday Expenses

Note: Must have at least 7 participants registered the Friday before the workshop in order to be held.



September 16, 2025

5:30 pm

George Coon Public Library

Reignite creativity in the kitchen, discover simple meals, and build a routine that works for your life.



**Mondays & Thursdays
September 11 - December 4**

**George Coon Public Library
2:00 pm**



**Register by September 9
270-365-2787
270-365-2884**

Bingocize is a FUN, low-impact program that combines chair exercises with bingo--and yes, there are prizes!

2025 – 2026 • Cultural Arts Exhibit – CATEGORIES

Please refer to the CLARIFICATIONS pages for more information.

01. SEWING (Apparel & Home Décor)

- 1a. Basic Garment APPAREL
- 1b. Specialty Garment APPAREL
- 1c. Accessory APPAREL
- 1d. Basic HOME DÉCOR
- 1e. Specialty HOME DÉCOR

02. ART, 3-Dimensional

- 2a. Carving
- 2b. Sculpture

03. ART, Natural

- 3a. Wood
- 3b. Other

04. REPURPOSED & UPCYCLED

(MUST include a "before" photo)

- 4a. Clothing (end product)
- 4b. Household (end product)
- 4c. Other

05. BASKETRY

- 5a. Cane (includes Nantucket)
- 5b. Wooden Base (excludes Nantucket)
- 5c. Miniature (under 4 inch)
- 5d. Novelty
- 5e. Non-Ribbed, Traditional
- 5f. Ribbed, Traditional

06. BEADING

- 6a. Bead Weaving
- 6b. Non-jewelry Item/Wearable
- 6c. Miscellaneous

07. CERAMICS

- 7a. Hand-formed
- 7b. Molded
- 7c. Pre-made

08. COUNTED CROSS STITCH

- 8a. 14 Count Fabric & Under
- 8b. 16 to 22 Count Fabric
- 8c. Specialty Cloth (linens, etc.)

09. CROCHET

- 9a. Accessories
- 9b. Garment
- 9c. Home Decor & Afghans
- 9d. Thread
- 9e. Figurine

10. DOLL/TOY MAKING

- 10a. Cloth
- 10b. Handmade Toy other than
Porcelain/China or Cloth
- 10c. Porcelain/China

11. DRAWING

- 11a. Pastels
- 11b. Pen and Ink
- 11c. Pen and Ink with Oil Roughing
- 11d. Pencil or Charcoal- Black
- 11e. Pencil- Color

12. EMBROIDERY

- 12a. Basic
- 12b. Candle Wicking
- 12c. Crewel
- 12d. Machine
- 12e. Ribbon
- 12f. Smocking
- 12g. Swedish
- 12h. Tatting/Lace Making
- 12i. Chicken Scratch
- 12j. Punch Needle (under 60" perimeter)
- 12k. Miscellaneous

Continued on the next page

2025 – 2026 • Cultural Arts Exhibit – CATEGORIES (continued)

Please refer to the CLARIFICATIONS pages for more information.

13. FELTING

13a. Needle Method

13b. Wet Method

14. HOLIDAY DECORATIONS

14a. Autumn

14b. Spring

14c. Summer

14d. Winter

15. JEWELRY

15a. Beaded

15b. Mixed Media

(wire, chain maille, mixed with beads)

15c. Original Design

16. KNITTING (HAND - with knitting needles)

16a. Accessories

16b. Garment

16c. Home Decor and Afghans

16d. Figurine

17. KNITTING (OTHER - machine/loom)

17a. Other

18. NEEDLEPOINT

18a. Cloth or Canvas

18b. Plastic

19. PAINTING, ART

19a. Acrylic

19b. Oil

19c. Watercolor

20. PAINTING, DECORATIVE

20a. Metal

20b. Wood

20c. Other

21. PHOTOGRAPHY (mounted or framed)

21a. Black & White

21b. Color

22. QUILTS

22a. Baby-size or Lap-size (hand quilted)

22b. Baby-size or Lap-size (machine quilted)

22c. Hand Applique (hand quilted)

22d. Hand Pieced (hand quilted)

22e. Machine Applique (machine quilted)

22f. Machine Pieced (hand quilted)

22g. Machine Pieced (machine quilted)

22h. Novelty (hand quilted)

(stenciled, embroidered, miniature, etc.)

22i. Novelty (machine quilted)

(stenciled, embroidered, miniature, etc.)

22j. Technology Based (hand or machine quilted)

22k. Miscellaneous (hand or machine quilted)

23. PAPER CRAFTING

23a. Card Making

23b. Origami

23c. Quilling

23d. Scrapbooking

24. RUG MAKING

24a. Braided

24b. Hooked

24c. Punch Needle, rug (over 60" perimeter)

24d. Woven

25. WALL or DOOR HANGING

25a. Fabric

25b. Other

25c. Diamond Art Mosaic

26. WEAVING

26a. Hand (macrame, caning)

26b. Loom (includes pin weaving)

27. MISCELLANEOUS

27a. Miscellaneous