



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

# Warren County Extension HOMEMAKER HORIZONS



**Cooperative Extension Service**  
Warren County  
5162 Russellville Rd.  
Bowling Green KY 42101  
(270) 842-1681  
<http://warren.ca.uky.edu>

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*Kristi Shive*

**Kristi Shive**  
Warren County Extension  
Agent for Family and  
Consumer Sciences

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

September / October 2024 (st)

**Mammoth Cave  
Area Homemaker  
Annual Day**  
**October 17, 2024**  
**9:00 A.M. CST**  
Munfordville Baptist Church  
501 N West St, Munfordville, KY  
42765



**\*We will be collecting non-perishable food items for Blessing Boxes in Hart County. Please bring one or two cans per person.**

Guest Speaker: Ricky Line  
Entertainment: Kendall Ford

**Registration Fee: \$20**  
**Make checks to Warren CO**  
**Homemakers**

Please call the Warren County  
Extension Office to register  
270-842-1681  
Payments due by September  
27th



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

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.



# Warren County Cultural Arts Contest



Great job Warren County Homemakers, can't wait for MCA Cultural Arts Contest on September 10th at the Warren County Extension Office!!!



# Happy Birthday!!

Virginia Spear	September 2
Velma Koostra	September 9
Barbara Parks	September 12
Debbie Thomas	September 12
Mila Sledge	September 24
Janet Hagerman	September 26
Carol Harrison	September 27
Sarah Neil Cook	October 1
Paula Poteet	October 2
Susan Whitmore	October 7
Mary Maddalena	October 8
Sharon Cherry	October 11
Marsha McCurry	October 16
Joyce Hudson	October 18
Beth Reidelbach	October 22
Linda Lancaster	October 24

# Upcoming Events



- August 23: **Transfer Day/Program of Work** 9:30 -11am
- August 29: **Executive Board** 9am & **Advisory Council** 10am
- August 31: **Pick up September HM Lesson by this date**
- September 5: **Club Officer Training** 10am
- September 10: **MCA Cultural Arts Contest** \*County champion winners may enter\*  
 \*Registration times\*  
 9am – Warren  
 11am – Judging Begins  
 2:30pm - Pick-up for Warren Co.
- September 26: **Multi-County Lesson Tobacco Stick Crafts/Cake Decorating** 9:30am - 11am & 11am - 12:30pm



## October/November Leader Lessons

Attention Lesson Leaders who signed up for October and November Lessons!

We will be doing a special hands-on training.

**When:** Thursday September 26<sup>th</sup>

**Where:** WC Extension Office

**Time:** 9:30-11am Tobacco Stick Crafts  
11am-12:30pm Cake Decorating



Be sure to like  
**“Living Well in Warren County”**  
 on Facebook to keep up with all  
 homemaker events!

## Join us for Farm & Home

with *Kristi Shive & Joanna Coles* on WBKO

Monday - Friday between  
 5:15 a.m. - 5:30 a.m. on local ABC  
 &  
 7:15 a.m. - 7:30 a.m. on local Fox



**Please join us for a FREE come and go workshop to speak with Case Manager, Sarah Gravil, to learn if you qualify for this program.**

Tuesday September 17<sup>th</sup> from 1:00-3:00 pm @ the Warren County Cooperative Extension Office, 5162 Russellville Road Bowling Green, KY 42101.

**\*No sign-up necessary\***



At Green Leaves ADHC, every day is dedicated to the independence and dignity of older adults and others who need extra support. Our clients experience a renewed sense of security and fulfillment.

### **About Us:**

We are locally owned and have been serving our clients in Louisville, KY since 2013. Green Leaves is now growing in Bowling Green, KY!

- Case Management through Home Community Based Waiver Program
- Health monitoring
- Case Management services
- Routine calls and in person visits

***For more information, contact Sarah Gravil-Case Manager/Community Coordinator:***

Bowling Green, KY location-Remote  
Home Office: 129 St. Matthews Ave Suite B & C  
Louisville KY 40207  
Cell phone #: (502)791-2476  
email: sgravil@greenleavesadhc.com  
www.greenleaveadhc.com



# Watermelon Tomato Salad

## Ingredients:

5 cups seeded bite-size watermelon cubes  
 1/4 teaspoon salt  
 1/4 cup red wine vinegar  
 1 teaspoon black pepper



3 cups cubed bite-size tomatoes  
 1 small red onion, quartered and thinly sliced  
 2 tablespoons extra virgin olive oil  
 6 lettuce leaves

## Directions:

Combine watermelon and tomatoes in a large bowl. Sprinkle with salt; toss to coat. Let stand 15 minutes. Stir in onion, vinegar and oil. Cover and chill 2 hours.

Serve chilled on lettuce leaves, if desired. Sprinkle with cracked black pepper to taste.





Nutritional Analysis: 100 calories; 5g fat; 2g protein; 18g carbohydrate; 0mg cholesterol; 105mg sodium

O X A W A C X K S A F E T Y T  
 D I W S Y U I V M M D L S L C  
 O P A B I L N R D K Y S H E I  
 K R R F Z T T D U E E P O A P  
 C Y D V O U E F T H A H M D P  
 L P S O S R R L X A R O E E A  
 U Z E L Y A N G K H B Q M R N  
 B F W U D L A T L F O S A S N  
 O J K N U A T J V U O N K H U  
 F W K T M R I V Q N K S E I A  
 F Z G E B T O Q Z O P Z R P L  
 I Q D E T S N C G D P R S E D  
 C Q U R U J A W W M A R G B A  
 E U L T A Y L A X H P O J Y Y  
 R O B X M S U J Y I N Y W Q Z


**How many  
 can you  
 find?**

Homemakers  
 Cultural arts  
 Leadership  
 Volunteer  
 Yearbook  
 Safety  
 Annual day  
 KEHA  
 Club officer  
 International  
 awards  
 fun

# September 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1	2  WCEO Closed	3	4	5 Club Officer Training 10am	6	7 Stitchers 11am
8 	9 Sandhill 6pm	10 MCA Cult. Arts 9am Cross Country 10am Woodburn 10am Briarwood 12pm	11	12 Oakland 6pm	13	14
15	16	17	18	19	20	21
22	23	24	Eastside 11:30	Jack & Jill 6pm	Oakview 10:30am	28
29	30		25	26 Multi-County HM Lesson Day 9:30 & 11	27	

# October 2024

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5 Stitchers 11am
6	7	8 Cross Country 10am Woodburn 10am Briarwood	9	10 Oakland 6pm	11	12
13	14 Sandhill 6pm	15	16 Eastside 11:30am	17 Area Annual Day Munfordville Baptist Church 10am Jack & Jill 6pm	18	19
20	21	22	23	24 Exe. Board 9am Adv. Council 10am	25	26
27	28	29	30	31 		



Lunch prepared by

## **White's Catering**

Lunch includes

*Chicken Salad on croissant or*

*Ham & Cheese Wrap*

*Chips*

*Fresh Fruit salad*

*Oatmeal Raisin Cookie*

*Canned drink or Water*



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### *Registration Form:*

*Return this portion, along with your fee, to the Warren County  
Extension Office*

**Name:** \_\_\_\_\_

**No. Reservations:** \_\_\_\_\_

*County Participants numbers are due September 27th.*

***Don't forget to bring your non perishable food items  
to Area Annual Day!***