

FALL 2025

HENRY COUNTY

FAMILY & CONSUMER SCIENCES



Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky



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www.henry.ca.uky.edu



A NOTE FROM YOUR AGENT

WELCOME TO OUR QUARTERLY NEWSLETTER

**Krista Perry- Agent for
Family and Consumer
Sciences**



Krista M Perry

Summer has come and flown by. My girls have started school and fall softball is keeping us busy!

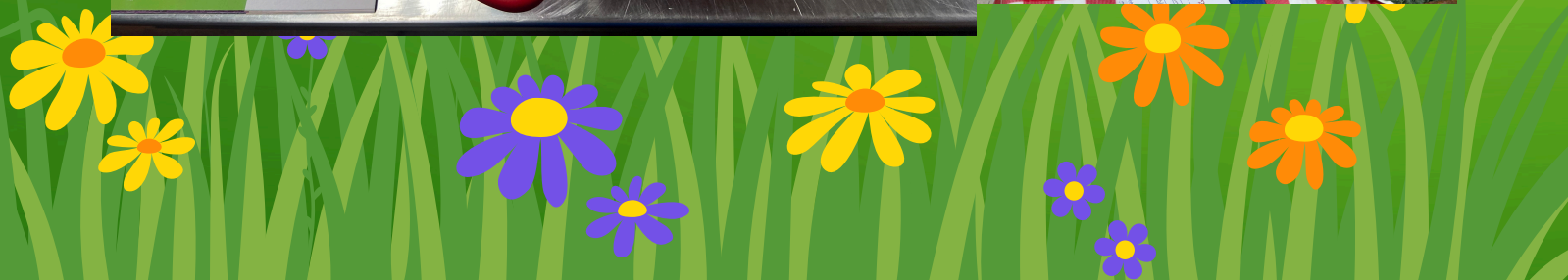
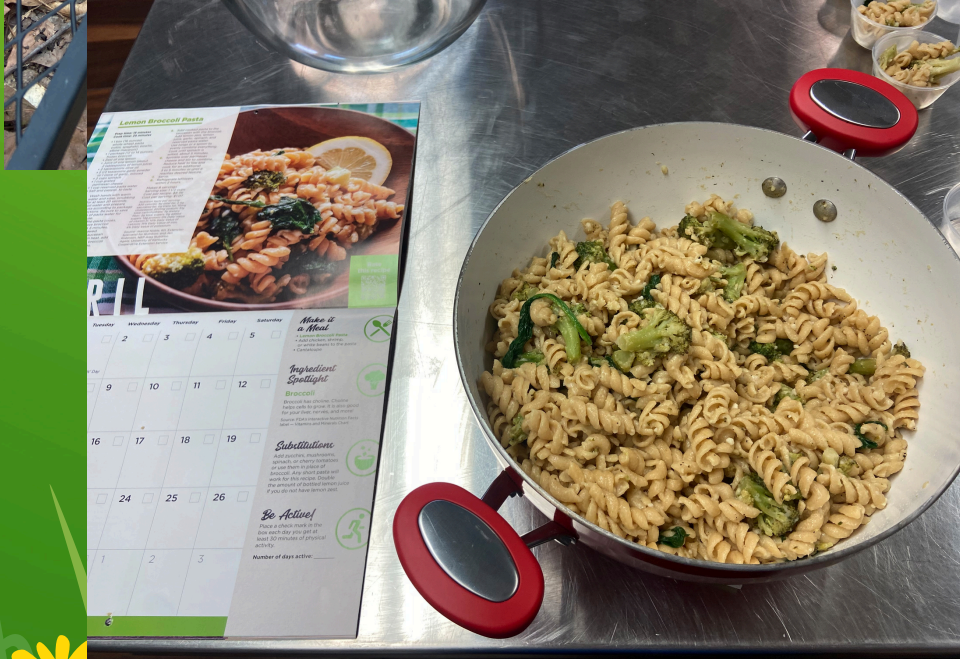
This summer, food preservation workshops were taught, our Homemakers hosted the Area Homemaker Annual Meeting at the celebration barn in Jericho, welcoming Homemakers across the Louisville Area, and we celebrated 25 years of the Harvest Showcase event with creativity and talent, showcasing lots of exhibits.

As Fall approaches, the weekly walks with your FCS Agent resume, a caning workshop has been planned, KEHA Week is approaching and more! Remember to take each day at a time and to live it to the fullest.



Summer Highlights

Jumping into summer by attending 4-H Camp to teach outdoor cooking to hosting cooking through the calendar programs and celebrating 25 years of the Harvest Showcase with another year of beautiful exhibits. It has been a busy summer!



FCS Announcements & Activities

CANING WORKSHOP

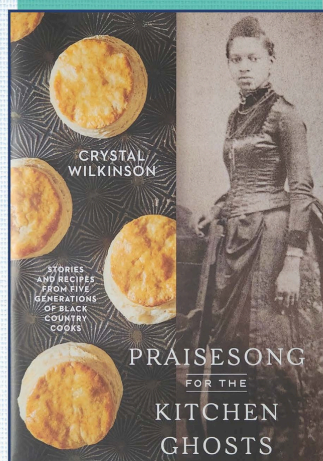
Cost includes supplies
and lunch.

SPACE IS LIMITED

RSVP (502) 845-2811

September 25th
9:00am-5:00pm
\$40.00

**Zoom with us at the Henry County
Extension Office for BB Book Club!**



**A LYRICAL
CULINARY
JOURNEY**
FROM THE FORMER
POET LAUREATE OF
KENTUCKY.

BIG BLUE BOOK CLUB

Big Blue Book Club
is back via Zoom!

October 27
November 3
November 10
November 17

1:30 pm Eastern/12:30 pm Central

Visit the Big Blue Book Club
Website to register:
<https://ukfcs.net/BigBlueBookClub>
and click on the book cover!



Walk With Your Extension Agent

Krista is starting to walk the trails again in Eminence and at the John Logan Brent Park in New Castle. Let's get motivated and moving together! See the dates and locations below to join her! **All weekly walks will begin at 8:30am.**

Friday, September 19	Eminence Walking Trail
Friday, September 26	John Logan Brent Community Park in New Castle
Friday, October 3	Eminence Walking Trail
Friday, October 10	No Walk This Week
Friday, October 17	Eminence Walking Trail
Friday, October 24	John Logan Brent Community Park in New Castle
Friday, October 31	John Logan Brent Community Park in New Castle

Eminence Walking Trail: Meet and park at the
Henry County Public Library.

John Logan Brent Community Park in New Castle:
Meet at the pavilion.

Rain will cancel the walk.



BOOK CLUB

THE 3RD
WEDNESDAY OF
EACH MONTH
AT 1:30PM



At the Henry County
Extension Office



TUESDAY, OCTOBER 21ST

Come learn about all things
Medicare!

At the Henry County Extension Office
There are three time slots you can choose
from to attend:

- 10:00am
- 2:00pm
- 6:00pm

Please call the office
to register.
(502) 845-2811

INTERNATIONAL PROGRAM

TUESDAY, OCTOBER 28TH
6:00-7:30PM

AT THE HENRY COUNTY EXTENSION OFFICE



JOIN
MRS. SOON NYOUNG MIN
OF OUR EXTENSION
FAMILY, A HENRY COUNTY
RESIDENT AND FARMERS
MARKET MEMBER, TO
LEARN MORE ABOUT THE
COUNTRY OF SOUTH
KOREA; INCLUDING
TASTING DELICIOUS
SAMPLES.



PARENT

HEALTH BULLETIN

THIS MONTH'S TOPIC

PREPARE AHEAD FOR NATURAL DISASTERS



September is National Preparedness Month, a month to remind everyone that preparing for emergencies and disasters can help keep them, their families, and communities safe.

Making a family plan for natural disasters is an important way to keep everyone safe. The first step is to learn about the types of disasters that could happen in your area, such as floods, earthquakes, hurricanes, or wildfires. You can check local emergency websites or visit **Ready.gov** for more information. Once you understand the risks, sit down as a family to talk about what to do in an emergency. Involve everyone, including children, so they feel prepared and not afraid.

Next, create a communication plan. Choose two places where your family can meet if you get separated. One should be near your home and one farther away, like a friend's or relative's house in another town. Make a list of emergency contacts and give a copy to each family member. Teach your kids how to call or text someone for help. Show them how to dial 911 in case of an emergency.

You'll also want to put together emergency supply kits. Things to put in your kit may include:

- Water (1 gallon per person per day)
- Food that won't spoil (3-day supply)
- Flashlight and batteries
- First-aid kit and medications
- Important documents (ID, insurance) in waterproof bags
- Cash, maps, and a portable phone charger
- Comfort items for children (toys, blanket)

Keep one kit at home and one in your car. Also, think about keeping a copy of important documents with a family member or friend who does not live with you and would likely not be affected by the same situation. You

could even offer to swap folders, so each keeps copies for the other, in case of an emergency.

Make sure your plan includes special care for people who might need extra help, like elderly family members or those with medical needs. Also, find out what plans your child's school or day care has in place during an emergency. Make sure your contact information is up-to-date with them.

Practice your plan by doing things like family fire drills or walking your evacuation route. This helps everyone remember what to do and feel more confident. Finally, sign up for local emergency alerts and check your supplies every six months to ensure everything is still usable. By planning ahead, your family will be better prepared to stay safe during a disaster.

REFERENCE:

<https://www.ready.gov/september>

Written by: Katherine Jury,
Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock

FALL 2025

HOMEMAKER HUB



Homemaker Highlights

Our Homemakers have had a busy and exciting year so far! They've successfully hosted not just one, but two area events—both pulled off flawlessly. Bingo and Bunco groups are now meeting monthly and continue to grow steadily. Also, a group of Homemakers filled the van for a fun day trip to the Kentucky State Fair. As they gear up for another year full of activities, don't miss out—get your enrollment form in today!



Announcements & Activities

CANDY MAKING WORKSHOP

DEC. 3RD
5:30PM

Registration is Required
RSVP (502) 845-2811

This is a Homemaker Event! Come
learn to make numerous types of
candy.

Creative Writing Workshop

October 3, 2025
10:00 a.m. - 12:00 p.m.

Attention Homemaker members! Join us for a hands-on writing workshop to turn your special memories into meaningful stories. No experience needed—just bring your curiosity and a love for sharing life's moments. Connect, learn, and get inspired to enter the KEHA Creative Writing Contest!




Hosted by Cindy Moore, Louisville Area and
KEHA/State Cultural Arts and Heritage Chair

Presented by local author, Carol June Franks, of
Junebug Tales Publishing

Please register by September 29.

Each participant will receive a writing journal and pencil. Door prizes will be given too!

Shelby County
Extension Office

 **Cooperative
Extension Service**

1117 Frankfort Road
(502) 633-4593

Shelbyville, KY 40065
shelby.ext@uky.edu

 **Martin-Gatton**
College of Agriculture,
Food and Environment

32nd Annual

Holiday Bazaar



**8TH
NOV**

**DOORS OPEN FROM 9 AM - 3PM
FREE PARKING AREA**

**HENRY COUNTY FAIRGROUNDS
1106 CASTLE HWY, EMINENCE, KY 40019**

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Just for You



Slow Cooker Asian Pork Tacos



Pulled Pork Tacos

- Nonstick cooking spray
- 2 pounds pork tenderloin
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ginger powder (or 1 tablespoon fresh ginger)
- 1 teaspoon garlic powder (or 3 whole garlic cloves smashed and peeled)
- 1 cup hoisin sauce ****See Note**
- 12, 6-inch tortillas for serving

Asian Peanut Slaw

- 1/4 cup vegetable oil
- 2 tablespoons white vinegar
- 1 tablespoon honey
- 1 tablespoon low-sodium soy sauce
- 1 bag (12 ounces) coleslaw or broccoli slaw
- 1/2 cup dry roasted unsalted peanuts, chopped (optional)
- 2 green onions, chopped
- 1 cup cilantro, chopped

RECOMMENDED BOOK LIST



ARTS

The 12-Hour Art Expert: Everything You Need to Know About Art in a Dozen Masterpieces by Noah Charney (2022)

Between Two Sounds by Joonas Sildre; English translation by Adam Cullen (2024)

BIOGRAPHY

Be Ready When the Luck Happens by Ina Garten (2024)

In Order to Live by Yeonimi Park (2015)



FICTION

The Echo of Old Books by Barbara Davis (2023)

We All Live Here by Jojo Moyes (2024)



1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Coat a slow cooker with nonstick cooking spray. Place pork tenderloin in the slow cooker and season with salt, pepper, ginger, and garlic. Wash hands after handling raw meat.
3. Pour the hoisin sauce over top of the pork. Cover and cook on high for 3 to 4 hours or low for 5 to 7 hours until the pork reaches a minimum internal temperature of 145 degrees F using a food thermometer.
4. Transfer the cooked pork to a plate and shred with two forks. Return to slow cooker and stir it together with the sauce. Leave in the slow cooker on "warm" until ready to serve.
5. While the pork cooks, make the slaw. In a large bowl, combine oil, vinegar, honey, and low-sodium soy sauce. Add slaw, peanuts, green onions, and cilantro. Toss to combine.
6. To serve, warm the tortillas in microwave for a few seconds, covered with a damp towel to keep them moist. Fill with shredded pork, then top with Asian Peanut Slaw. Roll up and serve.
7. Refrigerate leftovers within 2 hours. **Note:** If you don't have hoisin sauce, you can substitute: 1/2 cup ketchup, 2 tablespoons brown sugar, 1/2 cup low-sodium soy sauce, 1 teaspoon garlic powder, 1/2 teaspoon ginger powder, 1/2 teaspoon salt, 1/4 teaspoon pepper, and a dash of hot sauce.

HOMEMAKER CLUB CONTACTS

Country Ladies: Terry Heffley

Jericho: Sandra Smith

Town & Country: Catherine Bryant

Loving Local Ladies: Diana Powell Baxter



VOLUNTEER HOURS

As a Homemaker, giving your time through volunteer work in your community, personally, with Extension and in Homemakers is meaningful and is recognized at the Homemaker Annual Meeting and at the State Level. In the Homemaker Member Book, you will find a section to record your monthly volunteer hours, as well as information about a community organization you may choose to support.



 Cooperative Extension Service

October 13th - 16th

Kentucky Extension Homemaker Association Week



Come Join Us as We Celebrate!

Monday, 10/13
1:00pm

**Quilted Christmas
Ball Ornaments**



Tuesday, 10/14
5:00-7:30pm

**Homemaker Open House
Ice Cream Social**

Wednesday, 10/15
5:00-7:30pm

Craft Book Art



Thursday, 10/16
11:30am

Lunch at Knock on Wood
7001 Main St, Westport, KY 40077

If you would like to carpool, please contact the
Extension Office (502) 845-2811.

Homemaker Enrollment

Please complete and return this form to the Henry County Cooperative Extension Office to become a Henry County Homemaker or to retain membership.

Each year you must re-enroll to continue being a Homemaker Member.
Enrollments are due NO LATER THAN DECEMBER 6, 2024
for the August 2024 to July 2025 membership year

It is time to re-enroll for Homemakers! Be sure to stop by the office or visit our website henry.ca.uky.edu to complete the Homemaker enrollment form, pay your dues of \$8.00 and receive a Homemaker Member Book. In the Homemaker Member Book, you will find inspirations, ways to get involved with Homemakers and community support opportunities.

 Martin-Gatton
College of Agriculture,
Food and Environment



BINGO

THE 2ND
WEDNESDAY OF
EACH MONTH

BUNCO

THE 4TH
WEDNESDAY OF
EACH MONTH

At Henry County Extension Office
1:00PM



September 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 Country Ladies HM Meeting	3	4	5	6
7	8 Open Sew Day 10am-4pm	9 Leader Lesson Seminar Shelbyville EO	10 Bingo @ 1:30 Jericho HM Meeting	11	12	13
14	15	16	17 Book Club @ 1:30	18 Quilt Group Meeting 10am-4pm	19 Walk with Krista Eminence	20
21	22	23	24 Bunco @ 1:00	25 Caning Workshop 9am-5pm	26 Walk with Krista JLB	27
28	29	30				

2025



October

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3 Walk with Krista Eminence	4
5	6 Open Sew 10am-4pm	7 Country Ladies HM Meeting	8 Bingo @ 1:00 Jericho HM Meeting	9	10 No Walk Today	11
12	13 Quilted Craft Ball Ornaments, 1:00PM	14 Homemaker Open House 5-7:30PM	15 Book Club @ 1:30 Craft Book Art 5-7:30PM	16 Quilt Group Meeting 10am-4pm Day Trip to Knock on Wood	17 Walk with Krista Eminence	18
HOMEMAHER WEEK						
19	20	21 Medicare 101 10:00am, 2:00pm or 6:00pm	22 Bunco @ 1:00	23	24 Walk with Krista JLB	25
26	27	28 International Program 6:00-7:30pm	29	30	31 Walk with Krista JLB	

2025



November

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Open Sew 10am-4pm	4 Country Ladies HM Meeting	5	6	7	8  Holiday Bazaar 9am-3pm
9	10	11	12 Bingo @ 1:00 Jericho HM Meeting	13	14	15
16	17	18	19 Book Club @ 1:30	20 Quilt Group Meeting 10am-4pm	21	22
23	24	25	26 Bunco @ 1:00	27 Office Closed	28	29
30						

2025



December

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Open Sew 10am-4pm	2 Country Ladies HM Meeting	3 Candy Making Workshop 5:30pm	4	5	6
7	8	9	10 Bingo @ 1:00 Jericho HM Meeting	11	12	13
14	15	16	17 Bunco @ 1:00	18 Quilt Group Meeting 10am-4pm	19	20
21	22	23	24	25	26	27
			Office Closed			
28	29	30	31			
Office Closed						



**HENRY COUNTY EXTENSION
PO BOX 246
NEW CASTLE, KY 40050**

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Do Not Return to the University of KY

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Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

Visit the CES Program and Staff Development website for additional guidance.
Questions may be directed to Stacy Miller at Stacy.miller@uky.edu or (859) 257-1727.

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LEXINGTON, KY 40546



Disabilities
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