

FLEMING COUNTY FAMILY & CONSUMER SCIENCES NEWSLETTER OCTOBER 2025

A MESSAGE FROM YOUR FCS AGENT:

Starting next month, the Family and Consumer Sciences (FCS) Newsletter will look a little different! The FCS Newsletter is free to everyone, so if you'd like to keep receiving it, just scan the QR code on the front page to sign up or call our office at (606) 845-4641. Along with this, we'll also have a Homemaker Happenings mail-out that will share all Homemaker events, club updates, and leader lessons. To get Homemaker Happenings, you'll need to be a current member of the Fleming County Homemakers. Look at the mailing label on this newsletter to see the last time your dues were paid. If you would like to receive the Homemaker Happenings subscription, make sure you are currently paid up by no later than November 1st.

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**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.

UK Cooperative
Extension Service

Fleming County Office

P.O. Box 192(1384 Elizaville Rd.)

Flemingsburg, KY 41041-0192

Phone: (606) 845-4641

Fax: (606) 845-6311

Email: fleming.ext@uky.edu

Website: <https://fleming.ca.uky.edu/>



Katie Fryman



Homemakers News

October Club Meetings:

- October 14th - Hillsboro Homemakers, 12 pm, @ Hillsboro Christian Church
- October 16th - Country Neighbors, 6 pm, @ Fleming Ext. Office
- October 20th - Neighborhood Kids Club, 6 pm, @ Fleming Ext. Office
- October 27th - Treasures of the Heart, 6 pm, @ Fleming Ext. Office

Other Events in October:

- October 11th - Sourdough Class, 10am-12pm, Fleming Ext. Office
- October 28th - Baby Quilt Making Day, 9am-4pm @ Fleming Ext. Office
- October 14th - Yarn Club @ Fleming Ext. Office 6:00pm



Last Month's Homemaker Highlights:

- Violet Barbee, Glenna Peterson, and Susan Wood, traveled to the Perry County Extension Office on September 8th to donate boxes filled with care and kindness. Thanks to everyone who helped/donated to bring joy to those still recovering from the devastating flooding just a few months ago.
- Fleming County Homemakers Proclamation Signing with Judge Executive John Sims Jr.
- Glenna Peterson for sharing a lesson on Positive Food Talk at the Hillsboro Homemakers Meeting!
- 21 items were turned in for the 2025-2026 County Cultural Arts! Our judges had a hard time! Beautiful work. See the next page to see more about our items!



UPCOMING EVENTS!

- October 11th - Homemaker Sourdough Class Event
- October 12th-18th 2025 - KEHA Week
- October 16th - LRA Annual Meeting @ Bath County Extension Office, 11:00 AM
- November 1 - Homemaker Annual Dues Deadline
- November 4th - Homemaker Kick Off Training
- December 4 - Homemaker Christmas Meeting
- December 6 - Homemaker Christmas Bazaar
- May 12-14 - 2026 KEHA State Meeting, Hyatt Regency, Lexington, KY





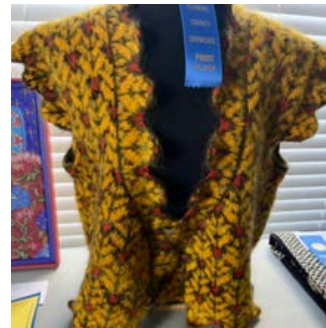
LEARN. LEAD. SERVE.



LICKING RIVER AREA CULTURAL ARTS RECOGNITION

THESE ITEMS ARE ADVANCING TO STATE JUDGING AT KEHA IN MAY 2026

PAULA POLLITT - BLUE - LEOPARD DRAWING
BETSY BALTZER - BLUE AND PURPLE - CATS PAINTING
BETSY BALTZER - BLUE AND PURPLE - AUTUMNAL VEST
BETSY BALTZER - BLUE - KY AGATE NECKLACE
MARY JANE SCAGGS - BLUE & PURPLE - KY PILLOW
VIOLET BARBEE - BLUE - 4TH OF JULY WREATH
SAMANTHA MAJOR - BLUE - PASTEL JEWELRY SET
SAMANTHA MAJOR - BLUE - PINEAPPLE POP UP CARD



Fleming County

HOMEMAKER KICK OFF TRAINING



Open to all Fleming County Homemakers!

This training offers the opportunity to receive UK research-based lessons to share with your clubs, gain a better understanding of Homemaker responsibilities, and learn what to expect in the upcoming KEHA year.

Light refreshments will be served & there will be a giveaway. Led by FCS Agent Katie Fryman.

Date: November 4th 2025

Time: 10:00 AM-11:30 AM

Where: Fleming County Extension Office
1384 Elizaville Road, Flemingsburg, KY 41041

**Use the QR Code to Register
or Call 606-845-4641:**





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

2025 – 2026 Enrollment Form

Fleming County Extension Homemakers

Yearly Dues: \$10.00

Please make checks out to: **Fleming County Homemakers**

(Dues \$9 + \$1 contributed to KY Ovarian Cancer Research Fund)

First Name: _____ Middle Initial: _____ Last Name: _____

Club Name: ☐ _____ Address: _____

or ☐ Mailbox Member _____

Email: _____

Sex: ☐ Female ☐ Male

Home Phone: _____ Cell Phone: _____

Work Phone: _____ Fax Number: _____

Ethnic Background (Optional): ☐ White ☐ Black ☐ Hispanic ☐ Asian ☐ Other

Age Group (Check One)

☐ 15-19 ☐ 20-24

☐ 25-34 ☐ 35-44

☐ 45-54 ☐ 55-64

☐ 65-74 ☐ 75+

Enrollment Type:

☐ Yearly Renewal ☐ New Member

Number of Years in Club Membership: _____

I (print, full Name) _____ hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc. to interview, photograph, and/or videotape me; and/or supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

The Kentucky Cooperative Services is required by federal law to collect and maintain information regarding the characteristics of the people we serve. The information you supply is voluntary.

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LEXINGTON, KY 40546



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accommodated
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FLEMING COUNTY
NEIGHBORHOOD KIDS



2025 – 2026

 Cooperative
Extension Service

Fleming County Extension Neighborhood Kids

Yearly Dues: \$10.00

Please make checks out to: **Fleming County Homemakers**

(Dues \$9 + \$1 contributed to KY Ovarian Cancer Research Fund)

First Name _____ Middle Initial _____ Last Name: _____

Address: _____ City: _____ State: KY Zip Code: _____

Email: _____

Sex: ☐ Female ☐ Male

Home Phone: _____ Cell Phone: _____

Ethnic Background: (Optional) ☐ White ☐ Black ☐ Hispanic ☐ Asian ☐ Other

Age Group (Check one)

☐ Younger than 4th Grade ☐ 4th Grade ☐ 5th Grade

☐ 6th Grade ☐ 7th Grade

☐ 8th Grade ☐ 9th Grade

☐ 10th Grade ☐ 11th Grade ☐ 12th Grade

Enrollment type:

☐ Yearly renewal

☐ New Member

of years in Club Membership: _____

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Signature: (Member) _____ Date: _____

Signature (Parent/Guardian): _____ Date: _____

Please submit the enrollment form/yearly dues to the Fleming County Extension Office.
You may mail or drop off enrollment form and dues. Call (606) 845-4641 with questions.
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OCTOBER

2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1 10:00AM LAUGH AND LEARN	2	3	4
5	6	7	8	9	10	11 10:00AM-12:00PM SOURDOUGH CLASS WITH THE HOMEMAKERS
12	13 11:00AM - WITS WORKOUT	14 11AM- CTTC HILLSBORO 12PM- HILLSBORO HOMEMAKERS MEETING 6PM- YARN CLUB @ FCEO	15	16 11AM- LRA ANNUAL MEETING @ BATH CES KATIE FRYMAN 6PM- COUNTRY NEIGHBORS -@ FCEO - VIOLET BARBEE	17	18
19	20 6PM- NEIGHBORHOOD KIDS CLUB VIOLET BARBEE	21	22	23	24	25
26	27 6PM- TREASURES OF THE HEART	28 9AM- 4PM BABY QUILT DAY	29	30	31 HOMEMAKER DUES TURNED IN TO THE OFFICE!	

ADULT HEALTH BULLETIN



Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Fleming County
Extension Office
1384 Elizaville Road
Flemingsburg, KY
41041
(606) 845-4641

THIS MONTH'S TOPIC

LEARN HOW TO HELP: QPR SUICIDE PREVENTION TRAINING



Suicide is a serious public health issue in Kentucky, especially among young people. It's the second leading cause of death for people ages 10 to 34 in our state. The good news is that we can all be part of the solution. The University of Kentucky is working to make sure that every Kentuckian knows how to help someone in a crisis. They're asking a powerful question: If someone you loved were struggling, would you know what to do?

Many people don't. That's where QPR comes in. **QPR stands for Question, Persuade, and Refer.** These are three simple steps that anyone can learn to help

Continued on the next page ➔

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**During QPR training,
you'll learn how to see
warning signs of suicide,
how to start talking
with someone who might
be struggling, and how
to connect them
to life-saving help.**

 Continued from the previous page

someone who might be thinking about suicide. It's similar to CPR, which is used in heart emergencies. Just like CPR can save lives, QPR can help save someone going through a mental health crisis.

The QPR training is quick and easy. It's free, it's online, and it only takes about 30 minutes to complete. During the training, you'll learn how to see warning signs of suicide, how to start talking with someone who might be struggling, and how to connect them to life-saving help.

The University of Kentucky and the Healthy Kentucky Initiative are encouraging everyone to take the training, especially during September, which is Suicide Prevention Month. The more people who learn QPR, the stronger the safety net becomes for those at risk.

Whether it's a friend, family member, or someone in your community, you have the power to make a difference. QPR gives you the tools to help when it matters most. You can take the free QPR training now at kyqpr.ukhc.org.



Also important to know, **Kentuckians in crisis can now connect with suicide prevention, mental health, and substance use counselors using a nationwide, easier-to-dial phone number — 988.** This service is available 24 hours a day, 7 days a week, 365 days a year, at no charge. Callers to 988 connect with a compassionate, highly trained counselor who can help address their issues as smoothly as possible. You can also call anonymously on behalf of someone else or to obtain information about options for helping someone in need.

If you or someone you know is in crisis, please reach out for help.

REFERENCES:

- <https://988.ky.gov>
- <https://kyqpr.ukhc.org>

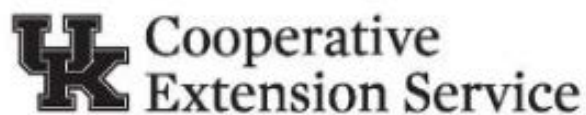
Written by: Katherine Jury,
Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock





Cooking Through the Calendar

**JOIN US FOR A FREE COOKING DEMO AND TASTING WITH TIPS ON
BALANCED MEALS, SMART GROCERY SHOPPING, AND FOOD SAFETY!**

OCTOBER 14TH 2025

HILLSBORO CHRISTIAN CHURCH

11:00AM-12:00PM

OCTOBER RECIPE: CHEESY PUMPKIN PASTA BAKE



606-845-4641 or katie.fryman@uky.edu

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Extension Service**

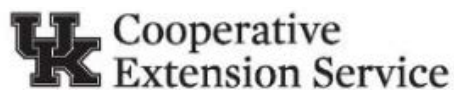
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Laugh & Learn

upcoming 2025 Fall dates:

October 1st - "Pumpkins"

November 5th - "Thankfulness"

December 3rd - "Gingerbread"

10:00am-11:00am

Fleming County Extension Office

Kids 1-5 with a supervising adult

If school is canceled due to weather, our playdate will also be canceled

REGISTRATION

☎ 606-845-4641

✉ katie.fryman@uky.edu



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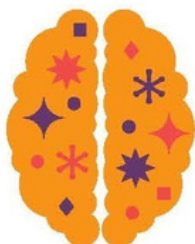
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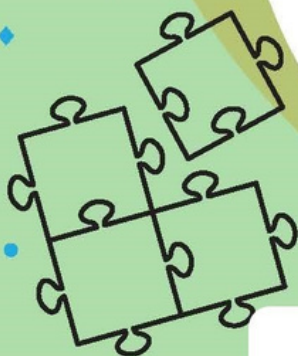


Martin-Gatton
College of Agriculture,
Food and Environment



WITS WORKOUT

An engaging, interactive,
and educational
brain health program



DATE: OCTOBER 13TH

TIME: 11:00 AM

LOCATION: FLEMING SENIOR CENTER

**ALONG WITH FOCUSING ON A BALANCED DIET AND REGULAR PHYSICAL
ACTIVITY, KEEPING OUR MINDS ACTIVE IS A POWERFUL WAY TO
SUPPORT OUR OVERALL HEALTH.**

I
ILLINOIS
Extension

**COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES**

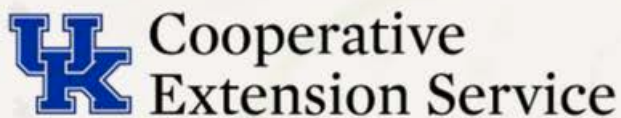
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NOVEMBER 6TH, 2025

6:00PM - 7:00PM

**FLEMING COUNTY
EXTENSION OFFICE**

**1384 ELIZAVILLE ROAD,
FLEMINGSBURG, KY 41041**

NATIONAL EXTENSION WORKING GROUP

Join us for an evening of food and education at the Dining with Diabetes program!

Participants will enjoy a diabetes friendly holiday meal prepared by the Fleming County Panther Bistro, hear from guest speaker Shelly Truesdell, APRN, ADM (Family Health Nurse Practitioner & Advanced Diabetes Management - Primary Plus), who will provide a 25-minute presentation on diabetes education, and take part in a Q&A session.

We are also excited to partner with Walmart Eye Care to provide complimentary vision screenings. Learn how diabetes can affect eye health, get your vision checked, and take home tips for protecting your eyesight year-round.

This program is FREE, but space is limited—register today!



- ❖ **FREE HEALTHY HOLIDAY MEAL** ❖ **FREE VISION SCREENINGS**
- ❖ **FREE DIABETES EDUCATION** ❖ **GIVEAWAYS!**

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Cooperative
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HOSTED BY: UK EXTENSION OFFICES OF
FLEMING & MASON COUNTIES



TASTE KY WILD



NOVEMBER 14, 2025



MASON CO. EXTENSION OFFICE



11:00AM-1:00PM

**REGISTRATION
DEADLINE: NOV. 7**

SAMPLE WILDLIFE RECIPES

HUNTING & FISHING LICENSE INFO

WILDLIFE ID

SEASONS

WILDLIFE TRACKS & SCAT

GENERAL HARVEST RULES



TO REGISTER: USE THE QR CODE OR CALL (606) 845-4641

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****FRESH GREENERY****

CHRISTMAS WREATH MAKING CLASS



DECEMBER 2 @ 5PM
DECEMBER 3 @ 9AM
DECEMBER 3 @ 12PM



FLEMING COUNTY EXTENSION OFFICE
1384 ELIZAVILLE RD, FLEMINGSBURG

USE THE QR CODE OR CALL (606) 845-4641 TO REGISTER BY NOVEMBER 21ST
CHECKS MADE PAYABLE TO: FLEMING CO. EXTENSION OFFICE

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Air Fried Okra Tots with Tangy Dipping Sauce

- 12 ounces okra stalks
- 2 tablespoons olive oil
- 2 tablespoons salt-free seasoning

Tangy Dipping Sauce:

- 1 cup plain low-fat yogurt
- 3 tablespoons mayonnaise
- 1 tablespoon dried parsley
- 2 teaspoons dried dill
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt

Wash hands with warm water and soap, scrubbing for at least 20 seconds. Cut the ends off the okra. Cut the okra into 2-inch (tater tot sized) chunks. In a large bowl, place the cut okra, olive oil, and seasoning. Toss to coat. Add to the basket of your air fryer in a single layer. Depending on the size of your air fryer, you may need to cook in batches so the okra is in a single layer, which allows air to circulate and okra to be crispy. Cook at 350 degrees F for 10 minutes or until crispy, tossing halfway through. While the okra cooks, prepare the sauce by mixing all of the ingredients in a small bowl. Refrigerate the sauce until ready to serve. Serve okra tots with tangy dipping sauce. Store leftovers in the refrigerator within two hours.

Yield: 5 servings. Serving Size: 1/5 of recipe. Nutrition Analysis for Okra Tots with Tangy Dipping Sauce: 170 calories, 13g total fat, 2.5g saturated fat, 10mg cholesterol, 330mg sodium, 14g total carbohydrate, 2g fiber, 4g total sugars, 0g added sugars, 4g protein, 0% DV vitamin D, 10% DV calcium, 6% DV iron, 8% DV potassium. Nutrition Analysis for Okra Tots (no sauce): 70 calories, 6g total fat, 1g saturated fat, 0mg cholesterol, 0mg sodium, 10g total carbohydrate, 2g fiber, 1g total sugars, 0g added sugars, 1g protein, 0% DV vitamin D, 4% DV calcium, 0% DV iron, 6% DV potassium.

