

OCTOBER 2025



CRITTENDEN COUNTY

HOMEMAKERS



President's Post

It's Fall y'all! And what does that mean? It's time to pay your annual dues. In order to keep informed about Crittenden County Homemaker happenings, all members will need to complete this year's enrollment form and pay the \$10 dues.

Agent Rebecca Woodall has challenged each homemaker to be intentional about inviting new members. For October, we are to bring someone who lives near us. I need to give my neighbor a call today! Can't wait to see who you bring.

Brandi

Hooks & Needles

Hooks & Needles members worked all summer on individual quilt blocks. Now they are going to put it all together and one lucky member will take the whole quilt home! Hooks and Needles Meet at the Public Library the 2nd and 4th Tuesday of the month at 12pm. They have a lot of fun plans for the year!

Bring a Friend Challenge

Don't Forget our Bring a Friend Challenge. If you bring a friend, remember to write your name and the name of a friend on the paper provided. You will both go in for a chance to win a gift basket.

PUMPKINS, PIES & People Nearby



CHALLENGERS

INFORMATION

We are off and running for a new year. There were nine members present at the September meeting. Members received passport books, 2025-2026 year books and other information.

As an incentive to read from the book list, you will receive a crocheted bookmark if you have read or are in the process of reading from the book list.

As an Incentive to attend meetings we will be playing bingo, by only picking 4 numbers each month. You must be present to receive the numbers picked. Once you BINGO you will receive a gift basket. It will take several meetings to BINGO. Crystal Wesmoland was our special guest. She talked to us about the needs at the schools. I will have a list at the October meeting. There will be a need for snack items for the school backpack program.

Challengers and Marion UFW Auxiliary are working together on a Community Outreach Program. The Auxiliary will provide candy for trick or treat goodie bags. The Challengers will fill goodie bags at the October meeting. Then we will set up in front of Louise's Flower Shop to pass out bags. This can be counted as volunteer Hours.

Brandi Potter is the Lesson Leader and will present a lesson on Sorghum in October. Hope to see you next month on October 8th.

Challenger President,

Nancy Lanham



*Crittenden County
Homemakers*

Quarter Auction

Saturday, November 15, 2025
2-4 PM

Doors will open at 1 PM.
St. William Catholic Church Hall
860 S. Main St., Marion, KY 42064



Quarter Auction

We need your help making the quarter auction a success. Consider being a table hostess. Table hostess forms are included. Get your vendor form from the extension office.

Anybody can be a hostess or you can join an open table. Hostesses are asked to bring 5 guests to fill a table. Each table will be \$30 and includes 6 paddles for the quarter auction. Additional paddles will be available the day of for \$5 each. Don't forget to bring some quarters.

Applications are available at the Extension office or by emailing HomemakerQuarterAuction@gmail.com

Vendors get a table for \$25 or a donation of an item valued from \$20 - \$25 for the quarter auction. Set-up begins at noon.



All proceeds will be donated to Ovarian Cancer research.



Reminder

Don't Forget
these important
upcoming
Homemaker
meeting dates.



Meeting Schedule

September 30th

- 10am Leader Lesson -Sorghum
zoom at the Extension Office

October 8th

- 12pm Challengers at annex
- 10 am Leaders Lesson at Extension
office
- 5:30 pm Leader Lesson on zoom.

October 9th

- 5:30pm New Era at Extension office.

October 14th

- 12 pm Hooks & Needles at the Public
Library
- 5pm After Hours at the Extension
Office

October 21st

- 5:30pm Quarter Auction Planning
Committee at the Extension Office

October 28th

- 12pm Hooks & Needles at the Public
Library

SORGHUM: SPILLING THE SYRUP ON THIS SWEET KENTUCKY PROUD PRODUCT



September 30, 2025

Watch at your local Extension Office: 10:00 AM

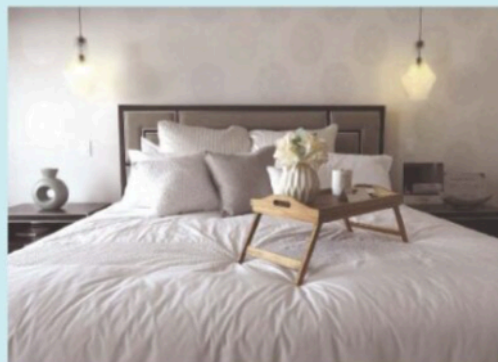
Watch on Zoom: 5:30 PM

Contact your local FCS agent for more information.

SELECTING SHEETS

Learn about fiber and yarns in sheets, different sheet fabric
constructions (woven or knit), thread count, why sheets feel and
perform the way they do, and how to fold sheets!

November 4, 2025



Interactive class at your Local Extension Office: 10:00 a.m

Or watch by Zoom: 5:30 p.m.

Contact your Local Extension Office for the Zoom link.

Autumn Health Concerns

There are many things to love about autumn:

The air begins to cool down a bit, leaves change colors, and there are many special foods and fragrances that we associate with this time of year. However, autumn can also bring specific health concerns for some people. You can address your health concerns and still enjoy the season and all it has to offer.

Dry Skin - As the air cools, some people have more dry skin. To prevent cracking and itching, try to stay hydrated by drinking plenty of water, continuing to wear sunscreen when outdoors, and use a lotion or cream skin barrier to help moisturize skin when you get out of the bath or shower.

Decreased Immune Function - You may find yourself getting sick more as the seasons change. Stay up to date on all vaccines, wash your hands, and check with your doctor if allergy or cold symptoms become persistent.

Sleep Disturbances - Even though the days are becoming shorter, you may find that you are getting less sleep at night. This can happen as the season change affects circadian rhythms. Try to establish a consistent bedtime routine, plan to get at least seven to eight hours of sleep per night, and avoid screens once you turn off the lights.

Take advantage of the change in seasons to catch up on needed annual health exams as well. If you have not done so, schedule an annual physical, dental cleaning, and vision check. These strategies combined can help you have an enjoyable autumn and end the year well.

Source: Katherine Jury, Extension Specialist for Family Health

PENNYRILE AREA EXTENSION HOMEMAKER ANNUAL MEETING



A WALK IN THE PARK

Public Library at
October 9th
SAVE THE DATE

 Hopkins County
Cooperative Extension
25 Mahr Park Drive
Madisonville, KY 42431

 **Friday, October 17th, 2025**

 **(270) 821-3650**



Stitched Together

2025 KEHA WEEK

Monday October 6th
Proclamation Time - TBA



Jumpstart KEHA week
with Judge Perry
Newcom signing a
proclamation

Purpose, what is the
purpose of the quilt?



Twilight Walk
Tuesday, October 13th
6pm
City County Park

Planning chose your plan.



Treasure Hunt
Check out the clues, find
the spots & win prizes.

Product- Hold up that quilt!



Wednesday- share what
makes you proud to be a
Homemaker

Membership-
add your patch



Thursday- what do you
bring to Homemakers?

The Big Picture-
The quilt we leave behind



Area Annual Meeting
Friday, October 17th
Hopkins County

