

## Kinniconick Homemakers

By Donna Carver

The Kinniconick Homemakers met on Monday, October 12, at Noon, in the fellowship hall of Canaan Christian Holiness Church. Marsha Wells gave the blessing for the fall meal of home-made beef stew, cornbread, slaw, dessert, and drinks.

After the delicious meal, our president, Leoma Rigdon, called the meeting to order with the Pledge to the Flag. Ruby Hord read our devotional, "Supper Time," by Gwenda Johnson from Elliott County. Gwenda recalls memories of her mother planting her garden, watching it grow during long summer days, and harvesting it in the fall. Her greatest reward was preparing meals for her family and guests, with treasures from her garden.

The meeting was then turned over to Donna Carver who read the minutes from our last meet-

ing, which were approved. Roll call was conducted by members responding with their favorite fall food. Pumpkin pie and pumpkin rolls were popular answers. The treasury report was given, and club dues and "Coins for Change" were collected.

Our president then discussed the following new business:

- Donation to the Cunningham family in the loss of their home and all belongings in a fire.
- Electing Marsha Wells to be our vice president for the year.
- Electing Karen Edwards to be chairman of the Cultural Arts and Heritage committees at the Extension Office. (These two girls are replacing their mother in those positions. She would be so proud!)

Some new events coming up are:

- Salt Dough Ornament Class – 4:30-6:30 p.m. at the Extension Office on

November 3rd.

- Diamond Art Workshop – (Christmas Scene) at 10:00 a.m. at Extension Office on November 10th.
- Christmas Bazaar at Tollesboro Christian Church from 9:00 a.m.-1:30 p.m. on November 14th.
- Homemaker Council Meeting at Extension Office December 1st. Bring gift for passing party. Decorate Christmas trees at courthouses after meeting.
- Church on a Quilted Back – 1:00 p.m. at the Extension Office on December 8th.

Our lesson was then taught by Leoma. The topic discussed this month was "Cast Iron Skillets." The history of cast iron cookware has ancient roots, being first crafted in 6th Century BCE China by pouring molten metal into sand molds. Leoma discussed cooking in cast iron, especially acidic foods, and

washing and seasoning cast iron skillets. A recipe was shared for Broccoli Cornbread. Leoma concluded her lesson with this thought: Cleaning, seasoning, and cooking with cast iron isn't just a process, it's a tradition. Treat your skillet well, and it will reward you with delicious meals for a lifetime.

After the lesson, Donna Carver had two number games for members to play. Marsha Wells and Brenda Clark were the winners.

Our meeting was then adjourned, with plans to meet on November 10th, at the same location and time. Our hostess will be Brenda Clark. New members are always welcome!

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- Be careful with candles, and never leave them burning when you leave home or go to sleep.
- Don't use space heaters as your primary source of heat, and keep them at least three feet away from furniture, curtains and other flammable materials.
- Put matches and lighters in a safe place and never let children play with fire.
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