

Washington County Homemaker Newsletter

MAY 2023

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



The Kentucky Extension Homemakers Association is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education.

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Contact Us:

Washington County
Extension Office
245 Corporate Drive
Springfield, KY 40069
(859) 336-7741
washington.ca.uky.edu

Homemaker Council Meeting & Yard Sale Planning

There will be a Homemaker Council Meeting on May 16 at 10am at the Washington County Extension Office. All county officers, club presidents, and chairmen are invited to attend the meeting. We will also be discussing the upcoming June Yard Sale. If you are interested in helping, you are welcome to attend the meeting.

*You're
Invited*



Special Thanks

Thanks to Sue Clements and everyone who helped with the April Child Abuse Prevention Campaign! A few activities this year included:

- City & County Proclamations
- Pinwheels, banner, & ribbons downtown
- Informational packets to local churches & leaders
- Newspaper articles & radio tips
- Family resiliency brochures on Snappy Tomato pizza box deliveries

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Note from the President

Dear Homemakers!

'Tis the merry, merry month of May already! It is time to plant things, if it will just warm up a bit more.

Happy Mother's Day to all who have children, biological or otherwise! Or even care for children. They are all children of the heart, even if you did not physically bear them yourself.

As is noted elsewhere in this newsletter, we will be having a yard sale at the Extension Office on June 3. We hope to make enough money to support a worthy project to be determined at our June Annual Meeting. We will be discussing this at our council meeting on the 16th. If you have any ideas or want to help in any way, let one of us know.

I will see you in June, if not before.

Take care,
Rita



Thought of the Month:

"Motherhood is the biggest gamble in the world. It is the glorious life force. It's huge and scary - it's an act of infinite optimism."
-Gilda Radner

Save the Date for the Lincoln Trail Area Annual Meeting & Cultural Arts Contest

save
the Date



AREA CULTURAL ARTS ~ OCTOBER 11

.....
LINCOLN TRAIL ANNUAL MEETING ~ OCTOBER 12

.....
**MEADE COUNTY EXTENSION OFFICE
1041 OLD EKRON ROAD
BRANDENBURG KY 40108**

TIME: TBA

Roll Call:

In May, we celebrate mothers. Share a favorite Mother's Day memory.

Book of the Month

*The Book Woman of Troublesome
Creek*

by Kim Michele Richardson (2019)

An inspiring tale of the power of Literature that casts librarians as heroes. Cussy Carter is a 19 year old with blue skin who lives in Eastern Kentucky. Delivering books on horseback as part of the Pack Horse Library Project, Cussy comes face to face with both the beautiful and horrifying facets of Appalachian life.



Cooking through the Calendar

Laura Milburn, SNAP-Ed Program Assistant, will hold monthly recipe demonstrations and tastings during 2023. Everyone is welcome to come! Past recipe demonstrations will remain available to watch at [facebook.com/WashingtonCountyNutritionEducation](https://www.facebook.com/WashingtonCountyNutritionEducation).

May 25 - 4pm
Washington County Public Library
Easy Tortilla Breakfast Pizza

Do you need new meal ideas?

Join the Free Recipe Club

Sign up to receive 5 free seasonal Kentucky Proud recipe cards each month. Call the Extension Office at (859) 336-7741.

KEHA News & Notes

Quilts for Courageous Kids – The Center for Courageous Kids in Scottsville is in need of 100 new twin size bed quilts. Needed size is 64 inches by 86 inches and can be homemade or store bought. Drop off at The Center for Courageous Kids, 1501 Burnley Rd., Scottsville, KY, or bring them to the KEHA State Meeting in Louisville where we will have a collection point. If you have questions, contact Joanie O'Bryan at jobryan@courageouskids.org or 270-618-2900.

2023 KEHA State Board Elections

Credentials have been received for all positions, and the nominating committee will review to confirm eligibility. The six positions to be elected in May 2023 are: First Vice President; Treasurer; Environment, Housing, and Energy Chair; Food, Nutrition, and Health Chair; Leadership Development Chair; and Marketing and Publicity Chair.

National Volunteer Outreach Network (NVON)

Conference – The 24th annual NVON Conference will be July 18-20, 2023, in Parkersburg, West Virginia. Any KEHA member is eligible to register and attend. Meeting details are available at <https://www.nvon.org/nvon-conference/>.

KEHA Tenure Recognition – The KEHA Membership Tenure Milestone certificate can be used in place of the recognition pins that used to be ordered, as it has become difficult to locate a statewide vendor. Counties and areas may elect to work independently with vendors of their choice if they wish to have pins. FCS agents have access to the certificate template, which can be filled out and printed in color on ivory cardstock.

Mileage Reimbursement Form – The KEHA state board voted to increase the mileage reimbursement rate to \$0.50. The reimbursement form in the Manual Appendix, page 15, has been updated. A fillable PDF form has also been updated on the webpage.

Dates to Remember

- May 9-11, 2023 – KEHA State Meeting at the Crowne Plaza in Louisville.
- May 15 – 990N Deadline for 501(c)(3) organizations with fiscal year ending Dec. 31.
- June 17 - Postmark deadline for NVON Conference registration at regular rates.
- July 18-20 - NVON Conference in Parkersburg, WV

REGISTER NOW!

**May 22
2023**

**Lincoln Trail Area
HOMEMAKER BUS TOUR**

**THE NATIONAL QUILT MUSEUM
Paducah, Ky**

KEHA HomeMakers

THE NATIONAL QUILT MUSEUM

UK Cooperative Extension Service

Dates to Remember

May 9-11 - KEHA State Meeting

May 11 - Monthly Food Distribution at
Idle Hour Park - 8:30am

May 16 - Homemaker Council Meeting for club
presidents, county officers, and chairmen
WC Extension Office at 10am

May 18 - Ready to React event - see flyer

May 22 - Homemaker Area Bus Tour - see the
included flyer for more information; the group
will be limited to 50 people, so please register
soon if you would like to go

June 3 - Homemaker Yard Sale
Washington County Extension Office
*Please spread the word and start gathering
items you would like to donate to the yard sale!*

Monthly Lesson

May: Savoring the Eating Experience

It is easy to finish a meal and not remember what or how much was eaten. Taking care to focus on our senses as we eat can lead to a more satisfying experience. This lesson covers differences in mindless and mindful eating and tips for being more present when you eat. The lesson goal is to add mindful eating strategies into daily routine. This lesson was taught on April 27 at 10:30am in Washington County. Materials area available at the office.



AGING UNBOUND: MAY 2023

FREE SENIOR CELEBRATION EVENT



THURSDAY, MAY 25
9AM-2PM
PRITCHARD COMMUNITY
CENTER

Wellness on Wheels, Hardin
County Book Mobile, Vendors,
Speakers, Live Entertainment &
Music, Workshops, Exercise,
Bingo, Lunch, Door Prizes, &
More!

For more information, call LTADD at
270-769-2393. Call CKCATS for
transportation at 270-692-2136 or
1-800-242-8225.

READY TO REACT

Emergency Preparedness Community Event

Washington County

Thursday, May 18th, 2023

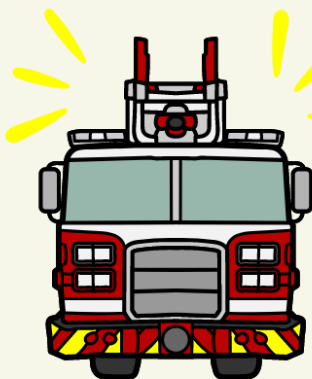
3 PM - 7 PM, Washington County Extension Office
245 Corporate Dr., Springfield, KY

Ready to React is an emergency and disaster preparedness community event. The objective is to connect with local resources to prepare for emergency situations.

**FREE INFLATABLES,
FOOD TRUCKS
& GIVEAWAYS**



Meteorologist
Matt Dixon
will speak at
5:30pm!



Topics Include:

- EMS
- Fire Department
- Kentucky Fish and Wildlife
- Creating an Emergency Kit
- Insurance
- Fallen Power Lines
- Flooding
- Winter Prep
- Freezer and Food Pantry Essentials

For more information:

Washington County Extension Office (859)336-7741

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2020 Census Quilt

KEHA has produced a booklet about the 2020 Census Quilt that provides details on each quilt square. Using information and images from the booklet, we will feature a couple of quilt squares each month to learn more about our Kentucky counties.



Martin County

Creator: Sandy Moore

Pattern: Log Cabin

Description: Martin County is home to God's Promise Trail. The trail features an original log cabin and one room schoolhouse that was disassembled and reassembled on the trail. On Heritage Day, the old times are spoken of and a skit is performed. In the log cabin, a couple speaks of the old days. It was built in the early 1900s.



Mason County

Creator: Jeanette Tolle

Pattern: Embroidered

Description: The Mason County quilt square was quilted and designed by Jeanette Tolle. It features the courthouse, the Simon Kenton bridge, a trolley, and a river boat.

Understanding Trauma Series: Immediate Signs of Trauma

Trauma is our body's response when we experience an event that is physically life-threatening or emotionally hurtful. Immediate signs of trauma that may occur within 3 months after the event include:

- feeling numb or like nothing is real
- problems focusing or feeling confused
- easily startled or scared
- intense anger or sadness
- heart racing when thinking about the event
- trouble sleeping or having nightmares
- headaches and/or fatigue
- feeling worried or fearful
- digestive problems or upset stomach

Source: Paul Norrod, DrPH, RN, Extension specialist for Rural Health and Farm Safety

Scrumptious Strawberry Salad

Strawberries are low in calories and high in nutrients. One cup contains 55 calories. They are a great source of vitamin C and also contain vitamin A, iron, fiber, and folic acid.

Source: Plate It Up KY Proud, UK Cooperative Extension



Scrumptious Strawberry Salad

5 cups spinach	Dressing	3 tablespoons
½ large cabbage head, chopped	¾ cup plain non-fat Greek yogurt or plain regular yogurt	olive oil
1 cup golden raisins	3 tablespoons honey	½ teaspoon Dijon mustard
1 cup halved red grapes	6 tablespoons apple cider vinegar	1 teaspoon poppy seeds
1 pint sliced strawberries		1 teaspoon salt
½ small red onion, sliced		½ teaspoon pepper
½ cup toasted and chopped pecans (optional)		

Combine all salad ingredients together in a large bowl. Prepare salad dressing by **mixing** all ingredients together in a jar, **cover**, and **shake** well to combine. **Pour** dressing over salad mixture and **toss** to combine.

Yield: 8, 2-cup servings

Nutritional Analysis:
240 calories, 10g fat, 1g saturated fat, 0mg cholesterol, 340mg sodium, 33g carbohydrate, 4g fiber, 27g sugar, 6g added sugars, 5g protein

Chores Count, too!

Clean the house, wash the car, or mow the lawn with a push mower. Know that these activities count toward your goal of at least 150 minutes each week.

Source: UK FCS Big Blue Goals resources, week 8 activity tip