

HOMEMAKERS NEWSLETTER

APRIL & MAY 2025

SAVE THE DATE: JUNE 26TH

The County Annual Meeting

This years meeting will be held at the new Extension Office. More information to come when available.

Cards "R" Us IS planning the meeting. The theme is "Teddy Bear Tea Party." Each club will decorate their own table, bring their tea pot and cups, and name tags. Roundabouts will take care of registration, Material Girls will do the silent auction. Just Among Friends will be in charge of the "Theme Baskets." Meadowlarks and Pieceful Quilters will help with setting up the room for the meeting. Hilltoppers and Hinkle Belles are in charge of Cleanup. Each club is responsible for "cleaning up" their table and site.

State KEHA Meeting

May 6-7-8

Needed are quilt blocks for our state meeting. The finished block should be 12" and can be any pattern.

The Pulaski County Extension Homemakers oversee decorating 5 tables at the Opening session of the State KEHA meeting. Jennifer Weddle, is a chairperson of this committee.



Homemakers hard at work on table top decorations.



Get in Tune with Homemakers

Lake Cumberland Area
Extension Homemakers
Annual Meeting

May 15, 2025
Clinton County
Fairgrounds

Registration 4:30 pm CST
Program 5:00 pm CST

\$15 Registration
*Due to your Extension Office May 1st

KENTUCKY EXTENSION HOMEMAKERS ASSOCIATION
KEHA
Homemakers

The flyer is a vertical rectangular card with a red border. At the top, it features the text "Get in Tune with Homemakers" in a blue, cursive font, accompanied by a graphic of a treble clef and several colorful musical notes. Below this, the event title "Lake Cumberland Area Extension Homemakers Annual Meeting" is written in a bold, blue, sans-serif font. A red rounded rectangle contains the date "May 15, 2025" and the location "Clinton County Fairgrounds" in white text. Below that, the registration and program times are listed: "Registration 4:30 pm CST" and "Program 5:00 pm CST". At the bottom left, the registration fee "\$15 Registration" is noted, with a footnote "*Due to your Extension Office May 1st". At the bottom right is the logo for the Kentucky Extension Homemakers Association (KEHA), which includes a sunburst graphic and the word "Homemakers" in a blue, stylized font.

HOMEMAKERS AT WORK

Denise Mayfield, a member of the, Hinkle Belle Homemakers, is shown making a special delivery to the Hospice Center of Lake Cumberland Hospital. Her wagon is filled with goodies for the clients and visitors to enjoy!



The Not So Pampered Chef Homemakers enjoyed visiting Broadhead, the homeplace of member, Pat Crabtree. While visiting they enjoyed lunch at the Hog Pen. The cafe was spotless, the food delicious, and the prices “piggy size.”



Members of the Meadowlarks homemakers enjoyed decorating bunny rabbit salt and pepper shakers for the Easter Holiday.

The Pieceful Quilters share some small quilt projects with the ladies at the Highlands.



Three of our homemakers helped with the alterations at the Princess Prom Project at Eubank Elementary School.



Congratulations to our Pulaski Homemakers who earned blue ribbons at our Area Cultural Arts Day. Their items will be in competition at our State Meeting, May 6-7-8. Winners were: Gwen Bland, Rosanna Foster, Cynthia Kantor, Kay Spillman, Nancy Kincaid, Debbie Peppers, Cassandra Hurst and Janet Moran.

REMINDERS:

- May 6th: Pulaski Holiday Tasting Grant for all homemaker clubs are due!
- May 6th: Scholarship Applications are due (If you need an application call the office)
- If you missed the Sourdough class, we have the paper information available at the Extension Office. No starters though!
- As always Lake Cumberland Regional Hospital is in need of newborn baby hats. If you crochet or knit, please think about making several baby hats. Leave them at the Extension Office or take them to the hospital.
- Leader Training for the month of May will be on Wednesday, May 21, "Using your Air Fryer." This will be held at our new office building, starting at 1 pm. The air fryer has increased in popularity over the last few years and has become a staple in many kitchens. This small countertop appliance offers a healthier alternative to frying food and is popular for reheating leftovers. We have a holiday on the 4th Monday of May, so this is why we have a change to our meeting date.

Our sympathy is extended to the families of:



Marie Morgan Arvai
She was a member of Just Among Friends
&
Gladys Ann Kissee
Hopeful Homemakers President



April Meetings:

****Call the office on 679-6361 to make sure which building your class will be meeting in. We have not moved yet!!**

April 24: Just Among Friends, meets at the Extension Office

April 26: Beth's Heirloom Class New Office Building

April 28; 9 am: Cards R" Us, Extension Office

April 28: Grand Parent Conference, Hal Rogers Regional Training Center

April 28: Weight Class, Home Demonstration Building

April 30: Wednesday, Hinkel Belle Homemakers provide food for the medical center employees.

May Meetings:

- May 1: Registration due for Lake Cumberland Area Homemakers Meeting at the Clinton County Fair Grounds on Thursday, May 15. Registration begins at 5:30 EST. The van will leave our present office at 4:30 for those that need a ride.
- May 1: Bring Area Blue Ribbon Cultural Arts items to present office.
- May 3: Saturday, Opening Day for Farmers Market, Lake Cumberland Farmers Market, Woodstock Farmers Market
- May 5; 5 pm: Weight Class, Home Demonstration building
- May 6-7-8: KEHA State Meeting Lexington, Kentucky
- May 6: Nominations Due for Homemaker of the Year, Homemaker Club of the Year, and Scholarship Applications due to the Extension Office.
- May 10: Saturday, Farmers Market, Check the Farmers Market out before you buy fresh produce.
- May 11: Sunday, Mother's Day
- May 12; 5 pm: Weight Class, Home Demonstration Building
- May 14: Mailbox Homemaker Club provides food to the free medical clinic employees.
- May 15: Lake Cumberland KEHA Area Meeting, Clinton County Fair Grounds. Vans will leave the present Extension Office at 4:30 for those that want to ride the van.
- May 16; 1 pm: Food Preservation Class, Jams and Jellies, New Extension Office Building. You must register in advance.
- May 17: Saturday, Farmers Markets
- May 19; 5 pm: Weight Class at new office building
- May 20: Open House for the New Office Building 3:00-6:00 pm. Tables will be available to recruit new homemakers.
- May 21; 1 pm: Using Your Air Fryer Class, New Office Building
- May 24: Saturday, Farmers Market
- May 26: Office Closed Memorial Holiday
- May 27; 11:30 am: Calendar Food Class, Banana Pan Cakes
- May 29; 10 am: Food Preservation Class, Pressure Canner
- May 29: Living with Alpha-gal Syndrome (tick bite) ZOOM, 6:00-7:30 pm, register at ukfcs.net/AgS
- May 31: Saturday, Farmers Market

Pulaski County Extension Homemakers Council Meeting

Wednesday, April 16, 2025

Opening: The meeting was called to order by President Mary Ellis at 11:39 am on April 16, 2025. The meeting was presided over by vice president, Sheila Adams due to Mary falling prior to the start of the meeting. Sheila led the Pledge of Allegiance. Edith Lovett blessed the food.

Minutes from the last meeting provided by secretary, Trina Evans. Emily Branscum moved to accept the minutes, 2nd by Cynthia Kantor, motion carried.

The financial report which was prepared by treasurer, Kim Toby, was presented and discussed. Kim stated that an audit is in progress.

The members in attendance were Edith Lovett, Kim Toby, Mary Ellis, Sheila Adams, Trina Evans, Debbie Peppers, Betty Waddle, Jennifer Weddle, Maggie Leggett, Jenny Moran, Pam Surber, Cynthia Kantor, Barbara Moore, Sherry Hoffer, Joanna Harness, Rosanna Foster, Emily Branscum, Jane Meece, and Jana Brown.

Old Business: Sheila stated the State Meeting will be May 6-8, 2025 at the Hyatt Regency Hotel in Lexington, KY. In keeping with the theme "Hidden Treasures", Jennifer Weddle, centerpiece chairperson, presented treasure boxes which will be filled with coins, beads, etc. to be used for 5 table centerpieces.

Rosanna Foster stated that several clubs have volunteered to provide the monthly meal for 10 staff persons for the Somerset Christian Dental Mission. The meal to be provided should include an entrée, side, and dessert on the 2nd Wednesday of each month. Meals are to be delivered to the rear of the building. Rosanna Foster provided the meal last month. Hinkle Belles providing meal in April. Edith and Mailbox members will provide meal for May and East Somerset will prepare meal for June. Any person or group willing to provide a meal for July and the following months can contact Rosanna Foster at 606-224-9383 or Trish Parker, scheduling contact at the clinic at 606-305-1803.

Edith stated the new Extension Office is ready inside. Parking lot asphalt and walkway concrete work still needs to be completed. Open House Ceremony is scheduled for May 20, 2025, at 3:00-6:00 pm, The Chamber of Commerce will do the ribbon cutting ceremony. The Homemaker's will provide blue and white punch in keeping with the UK color theme. President, Mary Ellis requests that a representative from each club be present.

The LCA Annual Meeting will be May 15, 2025 at the Clinton County Fairgrounds. Reservations are to be in to the Extension Office by May 1, 2025 and the cost is \$15.00 per person. A meal will be served. There will be a van providing transportation to the meeting.

New Business: Preparations are underway for the 2025 PC Annual Meeting in June. Currently the date is June 28, 2025 which falls on Saturday. Betty Waddle made a motion to change the date to during the week and not on weekend, 2nd by Pam Surber, motion carried. New date will be announced when a decision is made. The theme will be "Teddy Bear Tea Party". Cards-R-Us is chairing the PC Annual Meeting. The event will be catered and will include small tea party type foods. Teddy bears should be brought and are to be collected for the area fire departments to distribute to children. Each club is to decorate their own table and provide an item filled gift basket to be used for ticket drawings. Jana Brown will be in charge of the baskets brought. Registration will be covered by ROUNDABOUTS. Silent Auction – MATERIAL GIRLS. Setup- MEADOWLARKS & PEACEFUL QUILTERS. Cleanup- Hilltoppers and Hinkle Belles. It was suggested awards be given once and not individually to save time. Debbie Peppers suggested that name tags be placed on one table all together. Nominations were made for

President Elect and Vice President positions for next term. Motions made for Rosanna Foster for President and Jennifer Weddle and Jenny Moran for Vice President, motions carried. Election to be held at PC Annual meeting in June, 2025.

Sharon Ware has invited Homemaker's clubs to participate in the Eubank July 4, 2025 Celebration. Clubs may let Sharon know if they need a table to display their items such as crafts and quilts, etc.

Pulaski County Homemaker's mini grants, scholarships, homemaker of the year and club of the year applications are due to be turned in by May 6, 2025. Motion was made by Kim Toby to make \$5000.00 available for grant monies for applicants that qualify. 2nd by Emily Branscum, motion carried. Mary Ellis asked for volunteers to review applications for the mini grants. Emily Branscum, Sheila Adams, and Pam Surber agreed to review the grant applications.

Time Frame for Check Cashing & Turning in Receipts: Kim Toby makes motions to turn in receipts for reimbursement within 7 days after making purchases and cashing checks within 30 days. Motion 2nd by Debbie Peppers, motion carried. Jana Brown stated she would like to see these motions be a standing rule and voted on at the State Meeting.

Volunteer Hours: Jane Meece requests everyone to turn in their volunteer hours to her or the Extension Office by June 13.

Debbie Peppers stated that Peaceful Quilters president, Barbara Slagle has moved to the Highlands and Debbie is taking over as president. They will be changing their name from Peaceful Quilters to Highlanders. Debbie also encourages anyone to come to "TOPS"/Taking Off Pounds Sensibly meetings on Monday evenings at 6:00 pm. The group meets at the house by the Extension office at the present and will meet at new Extension Office Bldg. when ready.

REMEMBER: The families of Gladys Kisse and Marie Aravi who passed away recently.

Sheila Adams read a Thank You Note from Edith Lovett thanking everyone for her Christmas gift.

The next Homemaker's Council Meeting will be June 18, 2025 at 11:30 am.

Adjourned: 1:30 pm

Minutes submitted by Trina Evans, secretary.

Long form Non-discrimination Policy

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to 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, physical or mental disability or reprisal or retaliation for prior civil rights activity.

Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to

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 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.

THIS MONTH'S TOPIC: BUDGET-FRIENDLY VACATION TIPS

From transportation to lodging, food, or activities, it is easy for travel costs to skyrocket when taking a family trip. Planning ahead can help manage travel costs and provide extra savings while on vacation. Here are some tips for making lasting memories on road trips without breaking the bank.

LOCATIONS AND LODGING

Choose low-cost destinations and accommodations when planning your next adventure. Road trips to national or state parks are affordable with endless chances for outdoor activity. Camping can also be a way to save money on lodging while adding adventure to your trip. No matter where you choose to go, compare the cost of hotels, camping sites, and rentals. Some accommodations have extra fees for amenities, cleaning, pets, or incidentals. Also, think about staying a few miles outside of major tourist areas or going in “off” seasons to find better deals.

CUTTING FOOD COSTS

Road trips also allow you to bring food from home, which is often cheaper than buying groceries or eating out on your trip. Preparing simple meals in advance, or packing picnic lunches, can keep you from paying a high price to dine in touristy areas.



Pack drinks (including reusable water bottles) and snacks to save on overpriced convenience items. For more ways to make the most of meals while traveling, read [https://ukfcs.net/Traveling Meals](https://ukfcs.net/Traveling%20Meals).

EXPERIENCES > EXPENSES

Finding affordable activities can add to any vacation. Opt for low-cost experiences and outdoor activities like hiking, beach or lake days, and picnics. Look for free entertainment within the community including tours, movie nights, concerts, or museums. These activities allow families to make memories without overspending. Visit <https://www.kentuckytourism.com/> to explore all the vacation choices the Commonwealth has to offer!

AVOIDING TRAVEL SCAMS

The Federal Trade Commission offers tips for travelers to protect themselves from scams at <https://consumer.ftc.gov/articles/avoid-scams-when-you-travel>. Common travel scams are fake travel deals, pressuring you to make quick decisions, or asking for money by wire transfer or gift cards. Book your travel with reputable companies, be careful of unexpected requests, and stay vigilant throughout your trip to make sure you have a safe travel experience.

CONSIDER SUMMER CAMPS

One more way to make priceless summer memories while saving on travel costs is to explore summer camps. From day camps to overnight adventures, reach out to your county Extension office to learn more about summer camp opportunities in your area. Camps may be grouped by age, a special theme, or offer something for the whole family.

May is Military Family Appreciation Month



FOR MILITARY YOUTH: Military teens (13-18 years old of Active Duty, Guard, Reserve, and Retired personnel) have a chance to join adventure camps at little to no cost. These high energy, high adventure, and high experience camps are planned across the United States through Purdue Extension. Learn more: <https://extension.purdue.edu/4-H/get-involved/military-teen-adventure-camps/index.html>

FOR MILITARY FAMILIES: Kentucky Extension offers camps for military parents and their teenage children to attend together through funding from Purdue Extension. Come spend some time with your child whitewater rafting, hiking, rock climbing, ziplining, and more, all free! Each camp offers a unique outdoor experience that will allow you to build your leadership, self-confidence, and teamwork skills while engaging with the outdoors. Camps have funding available to assist with transportation costs. Learn more: <https://fcs-hes.ca.uky.edu/MTAC>

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Webinar Event

Living with Alpha-gal Syndrome

Learn more about AGS (red meat allergy) and how to reduce your risk with University of Kentucky Cooperative Extension

Topics Covered

- ✓ AGS basics
- ✓ Tick bite prevention
- ✓ Diet & lifestyle management
- ✓ Q/A session



Thursday, May 29th

6-7:30pm CDT

7-8:30pm EDT

Register Now!

ukfcs.net/AgS



*Check
'it
Out*

Pulaski County Extension Office
P.O. Box 720
Somerset, KY 42502
Ph: 606-679-6361

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Herb Roasted Turkey

- 1 (10 to 12) pound turkey
- 2 tablespoons dried herbs (try any combination of parsley, sage, rosemary, thyme, basil, etc.)
- 2 tablespoons of olive oil
- 1 teaspoon ground pepper
- 1/2 teaspoon salt
- 2 celery ribs, washed and cut into pieces 2 or 3 inches long.
- 1 large onion, washed, peeled, and quartered.
- 3 cups of water

Thaw turkey completely. Move oven rack to a low position so turkey will fit. Preheat oven to 450 degrees F. Cooking at a high heat will crisp turkey skin and help keep juices in the meat.

Remove turkey neck and packet of giblets from inside the turkey cavity. Use these parts in other recipes or discard. Twist wing tips up toward turkey neck opening and tuck them under back of turkey. This will help the turkey stay flat during cooking.

Pat turkey dry with paper towels and place it on a rack in a large roasting pan.

Combine dried herbs, olive oil, pepper, and salt in a small bowl. Stir to combine. Spread mixture all over turkey. Place celery and onion inside turkey cavities. This adds flavor while the turkey cooks. Pour 3 cups of hot water into pan. Place turkey and pan in pre-heated oven. Roast uncovered for 45 minutes or until skin is golden brown.

Carefully remove turkey from oven. Use 2 layers of foil to tightly cover entire turkey. Use oven mitts to prevent burning your hands as you press foil around the turkey.

Return turkey to the oven. Continue roasting for 1 1/2 to 2 hours more.

Insert a thermometer into the thickest part of the thigh without touching the bone. Turkey is done when it reaches an internal temperature of 165 degrees F.

Remove turkey from oven. Let turkey stand for 30 minutes, covered, before serving. Letting meat stand, or rest for a few minutes after removing it from the oven makes the meat juicier.

Refrigerate or freeze leftovers within 2 hours.