

JUNE | 2024



PULASKI COUNTY EXTENSION OFFICE

# HOMEMAKER NEWSLETTER

Can you believe another year is over? What an exciting year we have had and what a great month ahead of us. I hope you have had a great year and are looking forward to a wonderful summer. Thank you for all your volunteer hours and what you have done for Extension Service. You also do so much for our community, and we can only tell others about what you have done if you let us know your activities. I appreciate each of you and being a homemaker. Let us try to recruit some new homemakers in the coming year to enjoy our activities and fun. Thanks for being a Homemaker.

*Edith M. Lovett*

Annual Meeting  
June 24th

Be sure to purchase your tickets at the Extension Office. You will want to have representatives from your club to decorate your table for the big event. The fire station will be open after 9 am for you to select the type of table you want for your club and to decorate your own table. Mailbox members, we want you to have a table too, so you will have one to decorate as well.





## Area Meeting

We had 19 bodies participate at the Lake Cumberland Extension Homemakers Area Meeting that was held in Adair County. The Extension room had beautiful decorations and the food was delicious. Mary Ellis and Sheilah Childers serve on the Lake Cumberland Extension Homemaker Council. Lake Cumberland has 1067 members. 125 homemakers and guests were present.



## Council Meeting

T.J. Adkins, our Ag Agent, is a wonderful silent homemaker. T.J. is shown helping our President Mary Ellis, our Vice President, Sheila Adams and Janna Brown, Just Among Friends President, grill hamburgers for our council meeting. This was our last council meeting of the year. Council minutes are enclosed.



We could cheer ourselves  
with a pat on the back

### State KEHA Meeting

Mary Ellis, Sheilah Childers and Susan Hansford attended our State KEHA Meeting in Bowling Green. It was a great meeting with lots of "learning" going on. Nancy Kincaid's, oil painting of the girl received a blue ribbon; Janet Moran's, hand loom scarf, and Karen Thrasher's, quilt won blue ribbons. You can view our entries in last month's homemaker letter. We had 15 quilt blocks donated to the State Meeting. Pulaski's quilt blocks were beautiful. One quilt block sold for \$120 and was purchased by our Susan Hansford. Our Pulaski Homemakers were recognized for giving money to the Ovarian Screening Program. 100% of our homemakers had donated to the project, with the State Donation being \$47,000.

\*\*Next year's State meeting will be held at the Hyatt in Lexington, KY





# What's Happening

The Pieceful Quilters were the recipients of one of the 6 grants given away by our Area Council. The Hinkle Belle Homemakers and Meadowlarks won grants last year, and displayed posters of what they had used their grants for. Our Pulaski County Homemakers were recognized for 100% of their members donating to the Ovarian Cancer Program.



During the Area Meeting: Russell County won the name tag contest. The Name Tags for Pulaski County were beautiful, but Russell County won with their "Basket of Flowers" with their name attached. Pam Surber was the winner of the Door Prize. One person from each of the counties in attendance won a door prize.



## Pulaski County Fair July 15th-20th

Get those items ready to enter the fair! You receive money with your ribbons. Fresh produce, canned goods, baked goods, cultural art items. The Fair Catalogue will be out in July, but it doesn't change a lot each year. You can enter one item in all categories.



East Somerset Club  
having a derby party!

## Annual Meeting Update!

Update information for the County Annual Meeting from New Business on the Homemakers Council Meeting (Each club bring a basket filled with goodies that members can buy tickets to win. Basket should be worth at least \$25. List items in the basket on the basket. Bring items you don't use at home for Silent Auction. Do not buy something! Bring these to the office by June 21st, so they will be ready for people to make a bid on the item when they arrive at the meeting.



## Council Members hard at work





# Attention Homemakers

All our homemakers are encouraged to step up and accept a leadership role! All of you work so hard and donate your time and would make great leaders. Just step forward and volunteer to serve as an officer.

Many of you have forgotten to submit your volunteer hours to the person who oversees the volunteer credits. If you have more than 500 hours you receive a certificate and if your club has more than 1000 hours your club receives a certificate. Some of you just forgot last year to submit your numbers. Please try to get your hours in this year. You can count the hours you attend all club meetings, homemakers included, volunteer your time at school or other places, teaching classes for which you do not get paid, etc. We are looking forward to your hours donated this year. Do not forget to count your time planning your club work, driving to your meetings, writing your minutes. They all add up.

## Homemaker Lesson 2024-2025

August: "Composition in Photographs." Delyn Gentry

September: Self-Care, Self-Pampering, Self-Personality Test. Edith Lovett

October: Healthy Eating Around the World. Debbie Messenger

November: County Choice. 'Most Clubs party in December'

December: Mail Out for your January Meeting.

January: for your February Meeting: How to Get Out of Mealtime Rut. Leah Cardwell

February: People Learn with Purpose: Understanding Learning Styles. Christy Stearns

March: Indoor Air Quality. Katelyn Squares. or "Using Your Air Fryer"

April: Garden Safety. Debbie Shepherd

May: "Using Your Air Fryer." Megan Gullet. You may not meet in June and would like this as your March leader lesson.

For June we do not have a Lesson Leader Training. Enclosed is a lesson on "Ticks" which will be your lesson for June, and our mailbox members. Lots of our homemakers are hikers, flower garden and yard workers, and love to be outside. We also have lots of pets that can get ticks on them and transport the tick inside. This is good information for everyone, since ticks seem to be in abundance this year. (Lesson attached)

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Disabilities  
accommodated  
with prior notification.



# “Beware of the Tick”

In Kentucky, they can be found in areas of tall grass and meadows.



June  
LESSON

## GULF COAST TICK FEMALE (LEFT) AND MALE (RIGHT)

### Protecting Yourself, Others, and Pets

Significant increases in wildlife populations, expanded ranges of some tick species, development of housing in rural areas, and the popularity of hiking and ecotourism have increased the potential for people to encounter ticks. Awareness and use of preventive measures to reduce exposure while working outdoors or enjoying outdoor activities are keys to reducing tick bites. Use repellents and check yourself frequently for ticks while and after being in areas where they may be active.

The best strategy to reduce the potential of contracting tick-borne diseases is to avoid tick bites.

Here are some tips:

- Avoid walking through uncut fields, brush and other areas likely to harbor ticks. Walk in the center of mowed trails to avoid brushing up against vegetation.
- Use a repellent that contains 20 to 30 percent DEET on exposed skin. Always follow product instructions.
- Use products that contain permethrin to treat clothing and gear, such as boots, pants (especially cuffs), socks and tents.
- Tuck long pants into your socks and boots. Wearing light-colored pants makes ticks easier to see.
- In areas where there are ticks, check yourself, children and other family members for ticks every 2 to 3 hours and upon returning home from hikes and outdoor activities. Examine behind ears, hair, neck, legs and around the waist.
- If you let your pets outdoors, check them often for ticks. Ticks can “hitch a ride” on your pets but fall off in your home before they feed. Tick collars, sprays, shampoos, or monthly “top spot” medications help protect against ticks.

### How to Remove a Tick Safely

Step 1: Use fine-tipped tweezers to grasp the tick as close to the skin’s surface as possible. The goal is to remove the entire tick including its head and mouth.

Step 2: Pull up with steady, even pressure. do not twist or jerk the tick.

Step 3: Clean the bite area and your hands with rubbing alcohol, iodine soap, or soap and water.

A feeding tick holds itself in place by barbed mouthparts and a type of glue. Grasp it with fine-point tweezers as close to the skin as possible. Pull it straight out gently but firmly. Do not twist or jerk the tick during removal.

Afterwards, wash the bite area and your hands thoroughly with soap and water and apply an antiseptic to the bite site.

### Tick-Borne Diseases Reported in Kentucky:

#### Rocky Mountain Spotted Fever (Spotted fever rickettsiosis)

Typical symptoms include fever, headache, abdominal pain, vomiting, and muscle pain. A rash also may develop. The rash is characterized by small, flat, pink, non-itchy spots that first appear on the wrists, forearms, and ankles and gradually spreads towards the trunk of the body. Rocky Mountain spotted fever can be a severe or even fatal illness if not treated in the first few days of symptom onset. Reservoir animals include deer mice, meadow voles, and other small mammals. Dogs are susceptible to infection, but the disease is rarely diagnosed in cats.



# Lyme Disease

Caused by a bacterium transmitted by the bite of infected blacklegged ticks. In most cases, the tick must be attached for several hours before transmission occurs. A characteristic bulls-eye rash may accompany the typical flu-like symptoms in early stages of infection. If not treated, Lyme disease can spread to the heart, nervous system, and joints. In some cases, after treatment, persons can continue experiencing symptoms through a condition called Post-Treatment Lyme Disease Syndrome (PTLDS). White-footed mice are an important reservoir of the disease.

## BETTER BAKING SERIES

1:00 - 5:00 PM EST

June 25: Muffin Mania

July 30: Gluten Free Baking

Aug. 27: Cinnamon & Sugar Spirals

Sept. 24: Baking Bread

Oct. 22: Homemade Delights for a Thanksgiving Feast

Nov. 26: Christmas Cookies



### FEATURES

- ✓ Hands-On Instruction
- ✓ Baking Fundamentals
- ✓ Measurements & Conversions
- ✓ Recipes
- ✓ Tips & Tricks
- ✓ Samples to Take Home



Registration required. \$25 per person, non-refundable.

28 Parkway Drive, Somerset, KY



# Pulaski County Extension Homemakers Council Meeting

May 15, 2024

**Opening:** The meeting was called to order by President Mary Ellis at 11:30 a.m. on May 15, 2024, at the Extension Office. Sheila Adams led the Pledge of Allegiance. Edith Lovett blessed the food that had been brought by homemakers, and the hamburgers that were grilled by T.J. Adkins.

Everyone looked over the minutes. They were approved and will be filed. Kim Toby gave the financial report. She said the amount listed as reimbursement for the Pulaski County District Board in the March report was for the food, plates, juice, eggs, rolls, etc. and to clean the aprons for the Holiday Dinner. The report will be filed.

Members in attendance included Jennifer Weddle, Betty Waddle, Sandra Woodman, Melinda Hutchison, Irona Kisse, Mary Ellis, Debbie Peppers, Barbara Moore, Emily Branscum, Denise Salter, Barbara Bean Slagle, Jana Brown, Mona Tyler, Jane Meece, Sheila Adams, Kim Toby, Lila Shepperd, Pamela Surber, Sharon Ware, and Edith Lovett.

**Old Business:** Mary Ellis will continue being the council president for one year. Debbie Peppers will help out a new secretary for the first year. Sheila Adams will stay on as vice president to have the same term as Kim Toby, the treasurer. An update on the new Pulaski County Extension Office-the brick, cabinets, colors, etc., have been selected. The building frame will go up as soon as the weather cooperates. The building may be finished in March 2025.

Mary Ellis, Sheilah Childers, and Edith Lovett went to the state KEHA meeting in Bowling Green last week. The state is pushing leadership, and want members to step up and help out more. They will have another class to train leadership. They want the homemakers to use the homemaker creed more. They reported that there are 11,310 homemaker members in KY. KEHA donated \$47,000 to ovarian cancer this year, and have donated \$19.3 million overall. There were 720,000 volunteer hours turned in for the state. Jane Meece said that our county turned in 4050.3 volunteer hours for the county. The monetary value of these hours is counted at \$24.69 per hour at the state level, which is \$100,001.91 for the impact our county has on our community. The value per hour at the national level is \$29.95 per hour, which is \$121,306.49 volunteer hours in our community. More individuals and clubs need to turn in volunteer hours.

Edith Lovett said they took four cultural arts items to the state meeting with three of them receiving blue ribbons. They announced that the ovarian screening team needs helpers to work. Contact Edith if you are interested in helping. Edith was also contacted by the KY Blood Center asking if homemakers could help with a blood drive, probably giving out snacks to donors. Edith said the vans would be leaving tomorrow at 9 a.m. to go to the Lake Cumberland Area Meeting in Adair County. Make sure she knows if you are going, so they will wait for you. Mary thanked Denise Salter for developing a name tag for members to wear tomorrow. 18 are signed up to go.

Edith has a canning class this Friday, May 17, at the Extension Office at 1 p.m. and also on Monday, May 20, at 1 p.m. There is no charge to come. The office will be closed Monday, May 27, for Memorial Day.

**New Business:** The Pulaski County Annual Meeting will be on June 24, at the Hal Rogers Center. Registration will be from 5 to 5:30 p.m. The meal will be a 6 p.m. Tickets are \$20 and will be on sale from June 3-19. The meal will be catered with the same group as last year, Diamonds & Divas. They will have spring chicken with mushrooms or pork tenderloin, green beans, roasted potatoes, broccoli salad, and peanut butter pie. Sharon Ware asked if there would be another option since some people have a nut allergy. Sandra Woodman said they would check and see. Edith said that the scholarship recipient, the Lake Cumberland Area president, and our leader from UK are always invited to the annual meeting.



All homemaker clubs need to sign up to help with something at the annual meeting. Each club is responsible for setting up their table and chairs, decorating it, and then clearing the tables, and putting up the tables and chairs. Three clubs are to be signed up to sweep the floor, put out the trash, and put everything back where it was. If each club helps clean up their area, there won't be as much to do at the end. Club members should not leave until their tables are cleaned and put up. You can come at 8 a.m. on Monday, June 24, to decorate your table. Everyone has to be out by 9 p.m.

Each club is to bring a basket that club members can buy tickets for. The basket should be worth at least \$25. Be sure to have a list of the items that are in the basket attached to the basket so members can see what they are bidding on. Everyone is asked to bring some items for the Silent Auction from home. Don't go buy something, look for items at you home that you can do without. Bring all Silent Auction items to the Extension Office by Friday, June 21, so they can be prepared ahead of time for the annual meeting. If you donate items that are not bid on at the annual meeting, be sure to go by and pick them up to take back home so they won't have to be loaded up and taken to the Extension Office. If any club has a centerpiece on their table that they would like to donate as a door prize, let Mary know ahead of time.

Mary Ellis said the Standing Orders and By-laws need to be reviewed and updated. Emily Branscum volunteered to help. Mary asked if the council thought the amount for the Best Name Tag and Best Decorated Table should be increased for the annual meeting. Everyone agreed to leave them at \$25.

Emily Branscum and Denise Salter have agreed to co-chair the Holiday Tasting for this fall. One person from each club will be asked to be on the committee. Mailbox members can help, also.

Mary Ellis asked if the county chairpersons could continue for another year. She also asked each chair to try and come up with a project for the clubs or for the community for the year.

Jane Meece said all volunteer hours need to be turned in by July 5. She also had a sample ballot for each club and the days that members could vote.

Kim Todd suggested that one way that homemakers could be promoted would be for each club president read a line of the Homemaker's Creed, and video them saying it, put it together, and put it on Facebook or enter it in one of the contests at the state level.

Denise Salter had two cards that she passed around for members to write a short note to send to two homemakers. Edith Lovett said that the Boys & Girls Club needs someone to teach the youth how to crochet. Contact Edith if you are interested in helping. Edith also said to let her know if you would like to teach a class at the Extension Office some time. Mona Tyler asked if there was a way that the names of members of each club could be listed in our membership book. Someone suggested that next fall, each council member bring a list of the names of the members in their club, to put in a small booklet. This would not take the place of the regular membership book. Jana Brown said her club have baskets with greeting cards in them for residents to give to others at the Crestview Personal Care Home.

Sharon Ware asked if there was a way to list the names of members of clubs, and what their club does for the community on a website or on Facebook to help reach possible younger new members to homemakers. Edith said she thought it was a privacy issue.

Mary Ellis led the group in the Homemakers Creed.

**Adjourned at 1:33 p.m.**

Minutes submitted by Debbie Peppers, Secretary

# Pulaski County Homemakers

Present:

*Birds & Bees*

*Homemakers Annual Meeting*

**JUNE 24TH**

**6:00 PM**



*Hal Rogers Training Center  
180 Oakleaf Lane  
Somerset, KY 42503*



5-5:30 PM Registration

6 PM Dinner & Meeting

\$20 per Ticket

Tickets can be purchased at:  
Pulaski County Extension Office  
Phone: (606) 679-6361

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## Scrumptious Strawberry Salad

<b>5 cups</b> spinach	<b>Dressing</b>	<b>3 tablespoons</b>
$\frac{1}{2}$ large cabbage head, chopped	$\frac{3}{4}$ <b>cup</b> plain non-fat	olive oil
<b>1 cup</b> golden raisins	Greek yogurt or	$\frac{1}{2}$ <b>teaspoon</b>
<b>1 cup</b> halved red grapes	plain regular yogurt	Dijon mustard
<b>1 pint</b> sliced strawberries	<b>3 tablespoons</b>	<b>1 teaspoon</b>
$\frac{1}{2}$ small red onion, sliced	honey	poppy seeds
$\frac{1}{2}$ <b>cup</b> toasted and chopped	<b>6 tablespoons</b>	<b>1 teaspoon</b> salt
pecans (optional)	apple cider vinegar	$\frac{1}{2}$ <b>teaspoon</b> pepper

**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

