

# Newsletter

FAMILY & CONSUMER SCIENCES

## Boyle County Homemakers



Kentucky Extension  
Homemakers Association



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

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### Just a Note from your Agent

Here's a quick update plus some information that may be helpful to know. I've certainly been busy around town having expanded Bingocize to Arnold Tower at the Danville Housing Authority. What a great group of bingocizers! I have decided to continue the food drive I started in March for National Nutrition Month. Donations will be given to various food pantries and distribution sites across the county.

The Boyle County Interagency Group is made up of individuals who work for human services organizations such as Boyle County Health Department, Bluegrass Community Action, Family Services Association and more. Each month, on the third Friday we meet to network, discuss community needs, and share successes. I serve as co-chair of this group along with Kathy Perkins from the HANDS Program at the Health Department. Boyle County Interagency Group is a great way to learn about and connect with services provided in our community.

Here's a little update for those of you keeping up with the hiring process for the FCS Program Assistant position. On March 20<sup>th</sup> the position closed leaving me with 8 candidates for this position. I look forward to narrowing this list down to do phone interviews and soon in person interviews. Hopefully I'll have an FCS Program Assistant in place in the next few weeks. Last but not least I'd like to leave you with a quote about volunteerism that I connected with and hope you might as well. *"Volunteers do not necessarily have the time; they just have the heart."* ~Elizabeth Andrew  
If you have the heart for Extension Homemakers, find a way to get involved or encourage others to do so. Take a leadership role, serve on a committee, attend a council meeting and contribute ideas for projects and programs.



Alethea Bruzek  
Agent for Family and Consumer Sciences

### Upcoming Programs & Events

- Lunch and Learn- April 7th at 12 noon at the BCEO- Living with Loss: While this series concentrates on loss because of death, it is important to keep in mind that loss comes in many forms that involve changes and endings—loss of a job, house, relationship, pet, various life transitions, health, ability, independence, etc. Grief is the reaction to loss. Grief is unique to each person and can intensely affect a person's thoughts and emotions, as well as a person's physical, behavioral, and spiritual self. Talking about self-care and how to manage grief is important because it helps people learn how to adjust and keep on living after loss. This lesson focuses on processing, coping, and healing.
- Area Cultural Arts Contest on April 18th in Franklin County
- County Council Meeting: April 17th at 1pm at the BCEO
- Executive Board Meeting April 17th at 12pm at the BCEO
- Earth Day Celebration April 22<sup>nd</sup> from 11am-3pm at the Boyle County Extension Office
- Workday with Thelma on April 25th at 10am at the BCEO
- Boyle County Annual Meeting on May 18<sup>th</sup>, 9:30am registration, 10am to start the meeting. Registration fee of \$12 includes lunch.
- NVON July 18th-20th in Parkersburg, WV

## Club and Chairperson News

**76'ers** - The 76ers got together on March 14th at the Extension Office. Toby, Joyce & Emma were there before the meeting working on 🏠 houses & 🐑 sheep for the Iceland decorations. We're excited for the International Dinner & learning about IS Iceland. We brought toothpaste for Latimer Heights. Next month we'll bring deodorant & get everyone smelling good 🍷 Hope you all have a very Hoppy 🐰 Easter 🏠 See you at our next meeting Tuesday, April 11th - 1:30 at the BC Extension Office!! Come see us 😊 We love visitors.

### Lancaster Road (omitted November 2022)

The Lancaster Road Homemakers Club had 12 members in attendance On November 2, 2022. Jane Gail Hacker read a lovely poem for the meeting devotional. Roll call was taken and the minutes read by Patty Overing and the Treasurer's report was given by Mary Ann Sharp. When giving the clothing report, Jan Bradshaw noted the growing trend of using quilted and quilt-like printed material in the high couture designs being produced in current fashion.

Lancaster Road Club is very thankful for the ladies who hold offices and chair our committees. We appreciate their willingness to share their time and talents. "Old Business" discussion included many positive comments about the Craft Camp held the end of October. Several ladies offered to share what they had learned with the club following our monthly meetings or on Tuesdays when we have impromptu social time (during which we work on individual projects or group endeavors) at the Boyle County Extension Center.

"New Business" consisted of reminders about the Christmas Party and the donations to the Food pantry, Toys for Tots and Latimer Heights. Our group enjoyed a pot luck after the meeting and Patti Overing shared the information from the Leader Lesson: "Organizing your Space". We all agree that organizing our time, workspace and technology provides a feeling of accomplishment, satisfaction and well-being. Lancaster Road hopes to see everyone at the upcoming Christmas Party, but, in the meantime, would like to extend our wishes for a joy filled, meaningful Christmas to each of you.

### Lancaster Road (March 2023)



Lancaster Road Homemakers Club met on March 1st. 15 members and 1 guest attended the meeting. The club collected non-perishable food for the food bank and toothpaste for the county wide project. Wearing green in anticipation of St Patrick's Day, the group looked very festive. After enjoying a pot luck lunch, Thelma Mills shared a fun spring activity with all who chose to participate.

# Save the Date

**Boyle County Annual Meeting**

**@ The Boyle County**

**Extension Office**

**May 18th @ 10am**

**"Quilts"**

**Cost: \$12 (includes lunch)**

**Call 236-4484 and pay by May 11th to register**



## Club and Chairperson News (continued)

**Environment**-Spring is here! The calendar says so, and nature says so. Leaves and blossoms are appearing on the trees; daffodils have been adding "yellow sunshine" to lawns and gardens; and now, tulips are starting to appear. Hopefully, these "spring signs" have gotten you in the mood to plant your spring garden. When you do, don't forget about the bees! (And the birds and butterflies, too.). If possible, plant native flowers and plants. (Note: Our area is in Zone 6.) And what kinds are those? Well, for a start, consider zinnias, lupine, cosmos, shasta daisies, red poppy, purple coneflower, black-eyed Susans, and sunflowers. These flowers will provide a colorful garden -- and they'll serve as pollinators for the bees! BEE kind to the BEES!

### **Management and Safety-**

Submitted by Joyce Zinner,  
Management and Safety Chairperson



## Announcements

- 76ers are collecting items for their Latimer Heights outreach project. This month's item to collect is deodorant. If you would like to donate sticks of deodorant, drop them off at the Extension Office or contact Joyce Zinner.
- If you have items for the Extension Homemakers Scrapbooks please get that info to the Scrapbook Chair, Martha Thornton of the 76ers Club.
- The FCS Food Drive will continue to accept non perishable food donations. If you would like to donate food, feel free to bring non perishable food items to the front lobby of the Extension Office.
- Boyle County Extension Homemakers are in search of a County President OR President Elect, and County Treasurer. If you are interested in either of these leadership roles and have questions please contact either Thelma Mills or Alethea Bruzek at 236-4484. See position descriptions below for more information.
- Floral Hall Open Division 2023 will be held at the Boyle County Extension Office July 24<sup>th</sup>-28<sup>th</sup>. See flyer for details. Catalogs are available at the Boyle County Extension Office. If you would like a copy mailed to you please call 236-4484.

County President Responsibilities- Preside at all county meetings.

Organize and call county council meetings.

Represent the county at area meetings.

Appoint committees as needed.

Make sure all county reports are submitted by set deadlines.

County Treasurer Responsibilities- Serve as a member of the county executive committee.

Present treasurer's report at county meetings.

Lead preparation of the annual budget.

Submit dues to the KEHA State Treasurer and the area treasurer.

Keep a record of all financial transactions.

Ensure county compliance with Extension financial guidelines and IRS filings (if applicable).

Submit financial records for audit and review.

## KEHA News and Notes

### Dates to Remember

- April 5 – Area Showcase forms due to 1st Vice-President. Deadline extended and fillable form posted on the State Meeting page.
- April 8 – Postmark deadline for state officer and chair election credentials.
- April 10 – Ending date for the group room block at the Crowne Plaza.
- April 10 – Postmark deadline for early registration fee for 2023 KEHA State Meeting.
- April 24 – Final postmark deadline for 2023 KEHA State Meeting registration.
- 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.

**2023 KEHA State Board Elections** – Qualified candidates are encouraged to submit credentials by the April 8 deadline. Credentials are sought for a total of six positions to be elected in May 2023: First Vice President; Treasurer; Environment, Housing, & Energy Chair; Food, Nutrition, & Health Chair; Leadership Development Chair; and Marketing and Publicity Chair. Visit <https://keha.ca.uky.edu/2023-state-board-elections> for more information.

**Quilts for Courageous Kids** – The Center for Courageous Kids in Scottsville, Ky., 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](mailto:jobryan@courageouskids.org) or 270-618-2900.

## Recipe Corner: Rainbow Pasta Salad

- 8 ounces small whole-wheat pasta (shells, mini bowties, elbow macaroni, rotini, etc.)
- 6 ounces (or 4 cups, packed) fresh baby spinach leaves, roughly chopped
- 2 cups sliced strawberries
- 1 can (15 ounces) mandarin oranges in 100% juice or water, drained
- 1 can (10 ounces) pineapple tidbits in 100% juice, drained with juice reserved
- 1 cup chopped pecans, cashews, almonds (optional)

### Salad dressing:

- 1/4 cup olive oil
- 1/3 cup apple cider vinegar
- Reserved pineapple juice
- 1/2 teaspoon onion powder
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Cook pasta according to package directions. Drain and rinse under cold running water to cool. Set aside to continue draining.

3. Wash fresh produce under cool running water and dry. Cut to prepare for the recipe.
4. In a large bowl, combine the cooked pasta, spinach, strawberries, oranges, and pineapple.
5. Top with chopped nuts, if using.
6. Combine the salad dressing ingredients in a separate small bowl or jar with a lid. Whisk or shake to combine. Add salad dressing to the pasta salad right before serving and toss. Or, serve dressing on the side to keep salad crisp for several days.
7. Refrigerate leftovers within 2 hours.

**Note:** Add grilled chicken to make this an entrée salad.

**Makes: 7 servings**  
**Serving Size: 1 1/2 cups**  
**Cost per recipe: \$12.87**  
**Cost per serving: \$1.84**



### Nutrition facts per serving:

250 calories; 9g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 190mg sodium; 41g total carbohydrate; 5g dietary fiber; 14g total sugars; 0g added sugars; 6g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium.

### Source:

Brooke Jenkins,  
 Extension Specialist,  
 University  
 of Kentucky  
 Cooperative  
 Extension Service

## A Watch and a Warning: What is the Difference?

*This article is from the Extension publication, "In the Face of Disaster, Preparing Your Family and Home Before a Natural Disaster" by Hardin Stevens, Miranda Bejda, and Nichole Huff.*

Springtime in Kentucky is a beautiful time of year with days warming, cool evenings, the trees and flowers starting to bloom, and the bluegrass of the Commonwealth turning green. Springtime is also a time of year when severe weather can be a real threat. Additionally, with climate change, weather patterns have become even more unpredictable. How can someone prepare for what severe weather in Kentucky can bring?

"When a dangerous weather event is forecast or occurs, the National Weather Service (NWS) may issue different types of alerts in your area. Learn more at <https://www.weather.gov/>. Generally, you can receive three types of emergency alerts: advisory, watch, or warning.

- A weather **advisory** lets you know that a nonlife-threatening hazard is expected nearby.
- A weather **watch**, such as a tornado watch, recommends that you get prepared. A hazard in your area may occur.
- A weather **warning**, such as a thunderstorm warning, informs you a hazard is already occurring or will likely occur soon. These hazards are expected to have serious impacts. During a weather warning, you should act as local authorities and disaster alerts advise to keep yourself and those around you safe.

The Federal Emergency Management Agency (FEMA) notes not every hazard or disaster has each level of alert - some hazards may arise too quickly to provide an advisory or watch. For more information on the emergency alerts you may receive, visit <https://www.ready.gov/alerts>."

By educating yourself regarding emergency terminology and staying informed about weather conditions, you could save your life and those around you.

### References

<https://spectrumnews1.com/ky/louisville/weather/2022/04/11/spring-brings-tornadoes--but-which-month-sees-the-most-#:~:text=Tornadoes%20become%20more%20common%20in,%2C%20Oklahoma%2C%20Mississippi%20and%20Alabama>

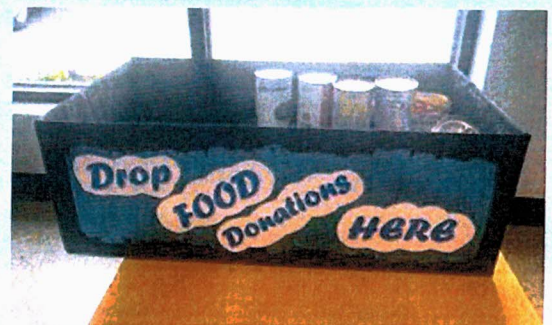
## Picture Gallery



**Fort Harrod Area Spring Council Meeting**



**Rita Bloom, Helen Greene, Lisa Breeding, and Debra Caldwell attending the March Extension Homemakers Leader Lesson called "Say Yes to Dessert"**



**Food drive donation box in the front lobby**

BOYLE COUNTY

# EARTH DAY 2023

SATURDAY APRIL 22

11:00-3:00PM

**BOYLE COUNTY EXTENSION OFFICE**  
99 CORPORATE DRIVE  
DANVILLE, KY 40422



**INVEST IN OUR PLANET**

**OVER 35 EXHIBITORS**

**LIVE MUSIC+ FOOD VENDORS CHILDREN'S ACTIVITIES**

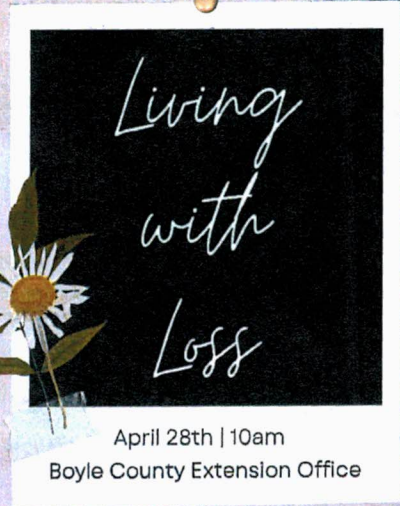
FOR MORE INFORMATION:  
 **CREECforDanville**



COOPERATIVE EXTENSION



JOIN US FOR AN INFORMATIONAL SESSION ON:



Loss comes in many forms that involve changes and endings—death, loss of a job, house, relationship, pet, various life transitions, health, ability, independence, etc. In this lesson, we will be talking about self-care and how to manage grief by processing, coping and healing in healthy ways.

Please call to register: 859-236-4484

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LEXINGTON, KY 40546



**2023 BOYLE COUNTY FAIR  
FLORAL HALL  
ADULT/OPEN DIVISION**



All Boyle County residents are invited to enter items in the fair!

NO FEE FOR ENTRIES

ENTER ITEMS AT  
THE BOYLE COUNTY EXTENSION OFFICE  
99 Corporate Drive, Danville, KY

ENTER NON-PERISHABLE AND PERISHABLE ITEMS

Monday, July 24, 2023 10:00A.M. TO 3:00 P.M.

Crafts  
Crocheting  
Fine Art  
Holiday Crafts  
Home Furnishings  
Knitting

Needlework  
Photography  
Quilting  
Sewing  
Woodworking

Flowers  
Foods  
Fruits  
Vegetables

Floral Arrangements  
Food Preservation  
Potted Plants

PICK UP ITEMS FROM FLORAL HALL ON FRIDAY, JULY 28TH FROM 10:00A.M. to 3:00 P.M.

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