

# Newsletter

FAMILY & CONSUMER SCIENCES

## Boyle County Homemakers



Kentucky Extension  
Homemakers Association



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Food and Environment  
Cooperative Extension Service  
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May 2023

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### Just a Note from your Agent



Happy May Everyone!! As always, there are lots of things coming up that you don't want to miss. Check out all the information in the newsletter. I also want to thank some folks for doing an amazing job in the month of April. Thanks to Thelma Mills and everyone who participated in the County Cultural Arts Contest. Thanks to Joyce Zinner and the planning committee that put on the International Dinner. Thanks Rita Bloom for taking us along for the tour of Iceland. Don't forget to turn in your nominations for Homemaker of the Year. Call Thelma Mills or myself to make nominations by May 5th. **NEW CLUB ALERT!!!** We have a featherweight club starting in May.

**Alethea Bruzek**

Boyle County Extension Agent  
for Family and Consumer Sciences

### **Boyle County Annual**

#### **Meeting 2023**

@ The Boyle County

Extension Office

May 18th @ 10am

"Quilts"

Cost: \$12 (includes lunch)

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



### Upcoming Programs & Events

- Boyle County Annual Meeting on May 18<sup>th</sup> at 10am at the Boyle County Extension Office. Cost \$12, lunch is provided. Call 236-4484 to register and pay by May 11<sup>th</sup>.
- Homemaker of the Year nominations need to be made to Thelma Mills or Alethea Bruzek by May 5<sup>th</sup>
- Featherweight Club Meeting on May 23<sup>rd</sup> at 10am at the BCEO
- Workday with Thelma on May 16<sup>th</sup> at 10am at the BCEO.
- Boyle County Council Meeting May 15<sup>th</sup> at 1pm at the BCEO.
- Executive Board Meeting May 15<sup>th</sup> at 12pm at the BCEO. This is for the County President, Vice President, Secretary, Treasurer, and Agent.
- Lunch and Learn on May 5<sup>th</sup> at 12pm at the BCEO

### Announcements

- ✦ Nominations for Homemaker of the Year need to be made to either Thelma Mills or Alethea Bruzek by May 5<sup>th</sup>.
- ✦ Heritage Craft Camp 2023 will be October 27<sup>th</sup> and 28<sup>th</sup> and we are looking for instructors! If you are interested in teaching a class at Heritage Craft Camp please reach out to Thelma Mills. We are looking for all types of heritage skills from basketmaking to knit, crochet, and demonstrations are welcome.
- ✦ Sheep and Fiber Festival Trip on May 20<sup>th</sup>. If you are interested in riding to Lexington to the Sheep and Fiber Festival call 236-4484 to sign up. We will leave from the Boyle County Extension Office at 9am, please eat breakfast before you get here. Light snacks will be provided. We will stop for a late lunch on the way home. Space is limited so call 236-4484 to put your name on the list

**IN MEMORIAM:** Wilderness Trail sadly announces the recent passing of longtime member Marianne Kirby, age 92. Marianne served as club President, Secretary, and Treasurer over the years, as well as being active and holding offices in numerous local and state organizations. Marianne was always thorough and always prepared. She was a true asset to our club.

## Club and Chairperson News

**76ers-** First of all, 🌸 Happy Mother's Day 🌸 to all the moms reading this. 8 of us got together on Tuesday, April 11th at the BC Extension Office. We collected deodorant for our project. Martha Thornton called our meeting to order at 1:30. Joyce had a nice devotional. Kim read the minutes & Theresa gave the treasurers report. We discussed many upcoming events & meetings. We're looking forward to Quilts, Quilts, Quilts which is the theme of our Boyle Co. Annual Meeting on May 18th. Charlotte Hammond will be the speaker. She's been a 76er. It'll be good to see her. Joyce gave the lesson on Intuitive Eating & handed out a couple recipes. Our next meeting will be Tuesday, May 9<sup>th</sup> 1:30 at the Boyle Extension Office. We'll bring shampoo for our project. See you then!

**Lancaster Road** -The Lancaster Road Homemakers Club met on April 5th. Those committee chairwomen who had reports shared their information with the group. As always, we appreciate the ladies who are willing to take on the role as officers and chairwomen. Additionally, Lancaster Road would like to extend their gratitude toward those ladies that made the Cultural Arts and International Events a success. A special thanks to Rita Bloom for sharing her experiences and knowledge of Iceland! And, of course, we also want to express our appreciation to those who decorated for the event and contributed to the meal, as well as, to Thelma Mills and those that helped her with cataloging and displaying the Cultural Arts Exhibits!

Lancaster Road is excited to have had 24 blue ribbons awarded to its members. Looking at the wide array of categories in which Boyle County Homemakers had entries is proof of the range of talent they have to share AND the need to increase The Homemakers overall membership! The Cultural Arts exhibit served to drive home the desire to pass the knowledge and skill represented by the entries on to others. In doing so, they keep the richness of the Homemaker culture moving forward throughout the county's population for the enjoyment and enrichment of future generations. Not only do Homemakers serve to share knowledge of various valuable skills in a variety of practical as well as artistic forms, but they apply those skills to projects intended to further others in the community. Homemakers contribute crocheted/knitted and sewn projects to variety of agencies that distribute those items to children in need, those who find comfort in having something soft and warm to call their own, those who enjoy the creatively constructed items they need to busy their hands and settle their minds, those who find joy in the bright colors of the material used to construct their item and those who are in need of utilitarian items they could not otherwise afford or enjoy. Homemakers join together to support local food banks, the Humane Society, low-income families who benefit from gifts of toiletries, recycling projects, and many more community related projects. Homemakers exercise together, attend classes, go on outings, share recipes (and food) and learn from one another. There is MUCH for which to be thankful and many, many reasons to strive to encourage others to join.

Homemakers across Boyle County need to reach out to new neighbors, women in their families and social lives (of ALL ages) and encourage them to join as a way to find "roots" in our community. Women of retirement age and newly "empty nested" often find themselves looking for something to fill their newly acquired free time and their need to feel productive and a part of a social group. Invite them to visit Homemakers! Make an effort to support the ladies who hold offices. Step up, if you are able, and take an office. Find reasons to gather more than once a month. ENJOY each other and GROW Homemakers!

**Wilderness Trail -March.** Seven members attended our March meeting on March 2. In addition, we welcomed a new member, Florann Strevels. We discussed preparations for the International Dinner on March 28. Betty Gayle Williams, Clara Bowen, Jeannine Snay, Rita Wright, and Rita Bloom are serving on the dinner committee. All members were encouraged to submit entries for the Cultural Arts Competition on the same day. Mike Rogers, Boyle County Director of Emergency Services, and two of his colleagues came to our meeting. They gave a very informative program and demonstration on "hands-only" CPR.

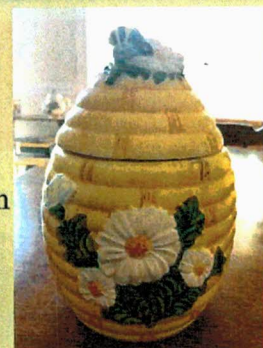
**April.** Our April meeting, on April 6, was attended by 10 members. We discussed the successful International Dinner. Nine club members and five husbands attended the dinner. Everyone was favorably impressed — and maybe a bit surprised— by the good flavor of the Icelandic food. We made plans for our "door prize baskets" for the Annual Meeting. We welcomed a special guest, Amy Anness, EIS Peer Prevention Specialist with the Boyle County Health Department. Amy provided considerable information on the illegal drug situation in Boyle County and gave us some basic instructions on the use of Narcan to treat overdoses. She also distributed Narcan to the attendees. We thank the above-named guest speakers for coming to our meetings and sharing their expertise — as well as their concern for the good of all Boyle County citizens.

**Club and Chairperson News (continued)**

**Environment- "BEE A FRIEND TO BEES -- AND YOU COULD BEE A WINNER!"**

Buzz, the Bee Bank, will be making his final appearance at the Annual Meeting in May -- so round up all your loose change and fill him up! (Paper money will gladly be accepted, too!). Then -- it will be time to concentrate on REAL bees -- and how we're going to help prevent their - and our! - extinction.

So, how shall we help the bees? Plant a pollinator garden -- on the grounds of the Extension Office or elsewhere in town? Adopt a Bee Hive? Contribute to an environmental organization (i.e., the Bee Conservancy)? Sponsor community programs? Publish and distribute "bee booklets?" The BCEH membership is full of ideas. It's time to bring them together and make some decisions. As promised, EVERY BCEH member has a voice in how we spend our "Bee Money." Share your ideas with your club president or any Council member, or send them to Rita Bloom at [rbloom@roadrunner.com](mailto:rbloom@roadrunner.com). After the Annual Meeting, a committee will be formed, and we'll make some bee-friendly decisions. How about that? A committee to decide how to spend money that has already been raised! We'll help the bees -- and make Buzz proud of us!



**Management and Safety**



**TOUR: CANDLELIGHT CHRISTMAS AT THE BILTMORE**  
**GROUP: FT. HARROD AREA HOMEMAKERS**  
**DATE: DECEMBER 6-7, 2023**  
**COST: \$509.00 PER PERSON Double Occupancy**  
**\$502.00 PER PERSON Triple Occupancy**  
**\$495.00 PER PERSON Quad Occupancy**  
**\$50.00 secures your seat.**  
**Balance due October 15, 2023**

MARTIN TOURS, INC.  
 224 LOGAN AVE.  
 STANFORD, KENTUCKY 40484  
 866-346-8687

**PRICE INCLUDES: Transportation by motor coach; rooms, luggage handling, all items in bold print.**

Let's get an early start on Christmas with a **Candlelight Evening at the Biltmore House**. We will enjoy dinner at the **Stable Cafe**, plus a **Candlelight tour of the Biltmore House**, built by **George Vanderbilt, grandson of "Commodore" Vanderbilt**. This stately old mansion will be decorated with ribbons, evergreen garlands, flowers and the Christmas aroma will be ever present. This will be an evening you will always remember. **Included is one breakfast.**

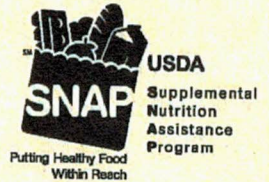
**Please mail checks to:**  
**Martin Tours**  
**PO Box 230**  
**Gladeville, TN 37071**  
**Include the trip name and your roommate(s) name(s)**

April 20 through June 15 open to Fort Harrod Area Homemakers  
 June 16 through August 14 open to any Kentucky Homemaker  
 After August 15 open to the public

For questions contact Wendy Hood, Fort Harrod Area Homemaker President  
 859-613-2575 wendy7hood@icloud.com

Recipe Corner

# Strawberry Beet Smoothie



This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

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- 1 cup orange-pineapple juice\*
- 1 cup low-fat vanilla yogurt
- ½ cup canned or cooked sliced beets
- 1 apple, cored and cut into eight pieces
- 1 frozen banana
- 1½ cups frozen strawberries

\*You can substitute orange juice in place of orange-pineapple juice.

1. In a blender, combine juice and yogurt and blend until smooth.
2. Add sliced beets, apple and banana and puree until smooth.
3. Add strawberries and blend on highest speed until smooth, stirring as necessary.

**Prep time:** 10 minutes  
**Makes 6 servings**  
**Serving size:** 1 cup  
**Cost per recipe:** \$5.25  
**Cost per serving:** \$0.87

**Nutritional facts per serving:**  
 110 calories; 0.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 55mg sodium; 24g carbohydrate; 2g fiber; 19g sugar; 2g protein; 0% Daily Value of vitamin A; 24% Daily Value of vitamin C; 6% Daily Value of calcium; 4% Daily Value of iron.

**Source:** Jackie Walters, Extension Specialist Senior for Kentucky Nutrition Education Program, University of Kentucky Cooperative Extension Service

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 LEXINGTON, KY 40546



# HEALTH BULLETIN

MAY 2023

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

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## THIS MONTH'S TOPIC:

# GARDENING SAFELY



The warm spring weather has many people excited to get outside and begin seasonal yard and garden work. Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. As with any activity though, it is important to know how to move prudently, use equipment properly, and interact with nature responsibly.

According to the Consumer Product Safety Commission (CPSC), more than 400,000 people visit emergency rooms each year for injuries related to outdoor

Continued on the next page →



## ***Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil.***

### **→ Continued from the previous page**

garden tools. It is important to stay safe when working with outdoor tools. The American Society of Surgeons of the Hand (ASSH) recommends taking the following precautions when gardening:

- **Wear gardening gloves:** Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil. Hands and fingers are prone to small cuts and scrapes that can become easily infected when exposed to dirt and germs. Leather gloves protect against thorns, poisonous plants, insect and animal bites, and other skin irritants in the garden. Gloves also prevent sun damage.
- **Avoid strenuous repetitive motions:** Unless you are used to the activity, repetitive motions such as digging, raking, trimming hedges, pruning bushes, or planting bulbs may cause muscle or skin damage. Rotate gardening activities every 15 minutes with a brief rest in between so the same muscles are not overused.
- **Be aware of your grip:** Grip strength is at its maximum when the wrist is in a relaxed or neutral position. Studies have shown that people lose up to 25% of their grip strength when their wrist is bent. Only use hand tools with the appropriate hand, for example, do not grip a right-handed tool with your left hand. Try to square up your shoulders in front of where you are working instead of reaching across your body.
- **Use proper equipment and tools:** Use a hand shovel or rake rather than your hands for digging. Sharp objects and debris buried in the soil may cut you. If possible, remove clear sharp objects like broken glass, old labelling stakes, and unused tools from the work area before beginning the task to avoid causing damage. Additionally, avoid accidents by using tools for their intended purposes only.

### **Other important tool tips:**

- When purchasing pruners, loppers, or shears, look for pairs that feature a safety lock.



- Avoid products with form-fitting handles. These tools only fit one size of hand perfectly. If your hand is too large or too small, it will put more stress on your hand.
- Always follow the manufacturer's instructions for the tool.
- Keep sharp tools away from children at all times.
- Always unplug electrical tools and power off gas-powered motors when not in use.

If you do end up with an injury, keep the following guidelines in mind to know when to seek emergency medical care. Seek medical attention immediately if:

- Continuous pressure does not stop the bleeding after 15 minutes.
- You notice persistent numbness or tingling in the fingertip or have trouble moving the finger.
- You are unsure of your tetanus immunization status.
- You are unable to thoroughly clean the wound by rinsing with a mild soap and plenty of clean water.

#### **REFERENCE:**

<https://www.assh.org/handcare/safety/gardening>

**ADULT  
HEALTH BULLETIN**

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Stock images:  
123RF.com



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MAY 2023

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## THIS MONTH'S TOPIC: ANYONE CAN BANK

There are many people in Kentucky who do not use banks regularly. An estimated 5.2% of Kentucky households were "unbanked" in 2021. That means no one in the household had a checking or savings account at a bank or credit union.

According to the FDIC, the top two reasons for not having a bank account are not having enough money to meet minimum balance requirements and not trusting banks. Other reasons may include having made banking mistakes in the past or using non-bank services instead, such as PayPal, Venmo, or Cash App. Let's look at a few common barriers that keep people from banking and consider potential benefits.

### MINIMUM BALANCE REQUIREMENTS

Not having enough money to meet minimum balance requirements is the most-cited reason for being "unbanked." This requirement can vary widely by financial institution or account. Checking accounts have minimum balance requirements to ensure there is enough money to cover check, debit, or ATM transactions.

Banks must disclose all account fees up front, so the fees should never be a surprise. Customers can shop around to see which banks or credit unions



have an account that suits their specific financial needs. With the availability of mobile and online banking options, you may even be able to use a bank outside of your town.

### TRUSTWORTHINESS

Not trusting banks was the second-most cited reason for not having a bank account, followed by the desire for privacy by avoiding banks. Banks and credit unions provide deposit insurance for your accounts, which protects your money if anything happens to the institution. Also government agencies examine banks and credit unions to ensure safety, soundness, and consumer protection. The Bottom Line: Because banks are insured, a bank is a safer place to stash your cash than under your mattress or in a money jar.

## **BANK ACCOUNTS ALSO OFFER EFFICIENT WAYS TO PAY BILLS BY WRITING CHECKS OR USING ONLINE OPTIONS**



### **PAST BANKING MISTAKES**

Banks use screening systems that provide information about the customer's banking history. If you have been denied an account because of past mistakes, there are steps you can take. Ask the bank employee why you were denied. The Fair Credit Reporting Act requires them to tell you. You can also request a copy of the screening report and dispute anything that is incorrect.

If you have made past financial mistakes, look for an institution that offers a second-chance account or secured account. A second-chance account may have extra limits in place to guide you as you establish your account. A secured account requires a deposit from you in reserve. Basically, you fund your account for a set amount of time to show you are a good customer.

### **USING NON-BANK SERVICES INSTEAD**

People may use non-bank products instead of banks, including services like Venmo, PayPal, Cash App, money orders, payday loans, prepaid cards, and more. Non-bank services may be handy in a pinch but may not be the most secure or the least expensive option to use.

Prepaid cards can have high fees, and, like cash, can be lost or stolen. Money transfer sites offer convenience, but you should not use them to store funds because they do not offer insurance protections like banks or credit unions. Other services like money orders and payday loans can come with steep fees that you could avoid with a bank account.

A bank account offers you the convenience of direct deposit, which may give you access to your funds sooner than depositing a check. Bank accounts also offer efficient ways to pay bills by writing checks or using online options. This can be faster and less expensive than buying money orders. Using a bank or credit union can save you money over other services.

### **REFERENCES:**

Federal Deposit Insurance Corporation (FDIC). (2022). <https://www.fdic.gov/analysis/household-survey/>

May, K., et al. (2019). Recovering Your Finances, Unit 6: Understanding Banking. FRM-KM.008. University of Kentucky Cooperative Extension Service.

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# BOYLE COUNTY CULTURAL ARTS EXHIBIT CONTEST WINNERS

Tuesday, March 28, 2023  
CATEGORIES/SUBCATEGORIES

**Congratulations to the following Boyle County Cultural Arts contest winners!**

## **APPAREL**

Accessory—*First Place*-Marilyn Houchin; *Second Place*-Thelma Mills; *Third Place*-Debra Caldwell  
Applique—*Second Place*-Vickie Owen  
Basic Sewing—*First Place*-Marilyn Houchin; *Second Place*-Debra Caldwell; *Third Place*-Roberta Trayner  
Specialty—*First Place*-Thelma Mills; *Third Place*-Marilyn Houchin

## **ART, Recycled**

Household—*First Place*-Vikki Rehberg

## **BASKETRY**

Cane—*Second Place*-Toby Durman

## **BEADING**

Miscellaneous—*First Place*-Vikki Rehberg

## **CERAMICS**

Hand-Formed—*First Place*- Vikki Rehberg

## **COUNTED CROSS STITCH**

14 Count & Under—*First Place*- Lydia Thornton; *Second Place*-Nancy Lindsay; *Third Place*-Vikki Rehberg

## **CROCHET**

Accessories—*First Place*-Toby Durman; *Second Place*-Marilyn Houchin; *Third Place*-Joyce Zinner  
Fashion— *First Place*-Marilyn Houchin; *Second Place*-Teresa Nolet; *Third Place*-Joyce Zinner  
Home Décor & Afghans— *First Place*-Thelma Mills; *Second Place*-Teresa Nolet; *Third Place*-Betty Gale Williams

## **DOLL/TOY MAKING**

Handmade Toy (other)—*First Place*-Katie Sharp; *Second Place*-Teresa Nolet

## **DRAWING**

Pencil or Charcoal-Black-*First Place*-Katie Sharp  
Color Pencil—*First Place*-Teresa Goggin

## **EMBROIDERY**

Machine Embroidery—*First Place*-Thelma Mills; *Second Place*-Nancy Lindsay; *Third Place*-Becki Justice  
Smocking—*Third Place*-Thelma Mills  
Miscellaneous-*First Place*-Toby Durman

## **HOLIDAY DECORATIONS**

Spring—*First Place*-Becki Justice; *Second Place*-Vikki Rehberg; *Third Place*-Thelma Mills

Summer—*First Place*-Debra Caldwell  
Autumn—*First Place*-Thelma Mills; *Second Place*-Debra Caldwell.

Winter—*First Place*-Roberta Trayner; *Second Place*-Becki Justice; *Third Place*-Isabel Carter

## **JEWELRY**

Beaded—*First Place*-Vikki Rehberg

## **KNITTING**

Accessories—*Second Place*-Joyce Zinner  
Home Décor & Afghans—*First Place*-Lisa Breeding; *Second Place*-Joyce Zinner

## **MISCELLANEOUS**

*First Place*-Becki Justice; *Second Place*-Marilyn Houchin; *Third Place*-Debra Caldwell

## **PAINTING, ART**

Acrylic—*First Place*-Toby Durman; *Second Place*-Thelma Mills

## **PAINTING, DECORATIVE**

Wood—*First Place*-Thelma Mills; *Second Place*-Becki Justice  
Other—*First Place*-Katie Sharp

## **PHOTOGRAPHY**

Black & White—*Second Place*-Vikki Rehberg  
Color—*First Place*-Mary Ann Sharp; *Second Place*-Toby Durman; *Third Place*-Teresa Goggin

## **QUILTS**

Baby/Lap-*First Place*-Thelma Mills; *Second Place*-Nancy Lindsay  
Machine Pieced/Hand Quilted—*First Place*-Nancy Lindsay  
Machine Pieced/Machine Quilted—*First Place*-Lisa Breeding  
Novelty/Hand Quilted-*First Place*-Vickie Owen  
Novelty/Machine Quilted-*First Place*-Nancy Lindsay  
Miscellaneous-*First Place*-Thelma Mills

## **WALL or DOOR HANGING**

Fabric—*First Place*-Isabel Carter; *Second Place*-Debra Caldwell; *Third Place*-Roberta Keefe

## **WEAVING**

Loom—*First Place*-Betty Gayle William