

# Homemakers F&CS

Dear Owen County Extension Homemakers,

How is it June already?! With June here and summer officially starting June 21st, we are thinking about getting outside for many different things, whether it be gardening, sitting by the pool, or to enjoy a nice walk. All of these things have one thing in common, being outside in the sun. This is a great time to consider some quick reminders to protect yourself and your loved ones this summer. The risk of skin cancer increases with age, the Skin Cancer Foundation estimates between 40 and 50 percent of Americans who live to the age of 65 will have at least one spot with skin cancer. Here are some ways to protect yourself from the sun:

- ⇒ Avoid midday sun between 1-3 pm
- ⇒ Wear wide- brimmed hats
- ⇒ Use sunglasses
- ⇒ Cover your skin with long- sleeves and pants when possible
- ⇒ Use sunscreen with SPF of 30 or higher
- ⇒ Be aware of all mole and spots on your skin, and let your healthcare provider know of any changes
- ⇒ Have your skin examined during health check-ups

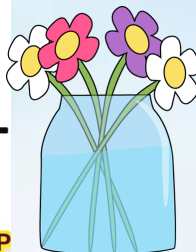


## VOLUNTEERS NEEDED TO WORK FAIR EXHIBIT HALL

Tuesday, July 4  
Wednesday, July 5  
Thursday, July 6  
Friday, July 7

2 SHIFTS  
12:00 PM- 4:00 PM  
4:00 PM- 8:00 PM

**\*\*PLEASE CALL 502.484.5703 TO SIGN UP**



The end of June leads into County Fair! County Fair this year is July 4th- 8th. We are in need of help to keep eyes on the Exhibit Building! If you can help any of those dates between the times of 12:00 PM -8:00 PM, please call and let us know! Also, exhibits will be entered on Saturday, July 1st and Monday, July 3rd from 9am-noon. If you are available to help in any way, it would be greatly appreciated!

Chelsea Young *Chelsea R. Young*  
Owen Co.  
Extension Agent For Family & Consumer Sciences



The Grisham Family would like to say thank you on behalf of the Homemakers for sending flowers in memory of Mary Frances Grisham.



# DEEP THOUGHTS WITH DENISE

Hello June, let summer begin! Summer means lots of family time for us, swimming, cook outs, outdoor movie nights, and vacations. I remember as a kid summer was spent with my cousins, neighborhood friends and over nights at my grandparents. We would meet at the local public pool and swim all afternoon; my mom would take us to swim lessons a few mornings a week. The advantages of living in the city. Summer after I started school meant girl scout day camp; with one stay overnight, so much fun. Library visits for us were once a week for summer reading activities. Lastly lots of time spent outside when it wasn't raining, we went out in the morning, came in for lunch, back out till we were called for dinner, back out until the streetlights came on. Sometimes I miss those days but wouldn't trade my time with my kids and grandkids for any amount of money.

State meeting was informational. I learned how to make a charcuterie board, shuttle tat (not as easy as it sounds), how to successful order groceries for delivery or pick up and visited a lot with those in the northern Kentucky area. It was also stressed how important it is to fill out our volunteer hours sheets (which you will find in this newsletter) and turn them in at the end of the year in June. These hours are attached to a dollar figure that is used by the extension service to show the University of Kentucky the impact that homemakers have on their communities and families. This is looked at by the university to decided how to best support the homemaker's organization. If you have not attended the meeting, you have a year to think about going next year it will be held in Bowling Green. Thank you for sending Alice and me as your voting delegates.

Owen County Fair will be the week of the 4<sup>th</sup> of July. Please consider entering items in the fair in the homemaker's division. Chelsea is also in need of helpers during the day and evening to sit with the exhibits. If you would like to volunteer, please contact her at the office.

Craft club will be starting back up on July 31<sup>st</sup> at 6:00. We will be doing diamond art and discussing what kinds of crafts we would like to do this coming year. Please contact the office to sign up so we know how many to expect. The cost of this craft will be \$4.00. As in the past this club will either have a list of needed items for you to bring to the meeting or will be provided at cost.

Owen County Homemakers are still in need of officers for 2023-2024. No one has shown any interest yet. Please consider running for President or Vice President. The Secretary and Treasurer still have one year left on their term. The President and Vice President would be a two-year commitment. At the end of August, we will only have two officers leading our organization.

*Denise Perkins*

## Spring Craftin' for the Community Event

Our homemakers were able to donate \$1,200 to the Downtown Owenton Revitalization project from the spring event! Thank you all so much for your support!



Above is a photo of the bookshelf built in memory of Debbie McMillen.



## Homemaker Book List

**The Stranger in the Lifeboat** by Mitch Albom (2021). Nine strangers are adrift in the ocean after a deadly ship explosion. On the third day of their predicament they pull a strange man from the sea who claims he is "the lord". This story of faith is equal parts of mystery, adventure, and reflection on the nature of souls.

**The Ride of Her Life: The True Story of a Woman, Her Horse, and Their Last-Chance Journey Across America** by Elizabeth Letts (2021). This is the triumphant true story of a woman who rode her horse across America in the 1950s, fulfilling her dying wish to see the Pacific Ocean. Between 1954 and 1956, Annie Wilkins, traveled more than 4,000 miles, through America's big cities and small towns, meeting ordinary people and celebrities--from Andrew Wyeth to Art Linkletter and Groucho Marx.

**\*\*These books can be found at the Owen County Public Library.**

# Homemaker Happenings



## Homemaker State Meeting Update

Owen County presented their report on the Development Grant received last year. If interested in reading the report, please contact the office! Thanks to Ginny Miller for all of her hard work in making this happen!



Thanks to Denise Perkins and Alice Ducker for attending the state meeting in Louisville this year and representing Owen County!

## Mother's Day Tea

It was great turnout for the Mother's Day Tea on Saturday, May 13th! Thanks to all who attended and a special thanks to all who helped make this happen!



# State Cultural Arts Results

Congratulations to the following for their KEHA Cultural Arts at the state meeting.



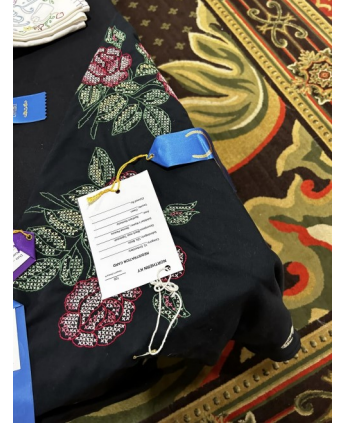
Denise Perkins  
Blue Ribbon



Becky Duvall  
Blue Ribbon



Donna Bryant  
Blue Ribbon



Denise Perkins  
Blue Ribbon

*Thanks to all for participating!*

**Don't forget to be working on your Volunteer Service Hours Log!**

### Volunteer Service Unit (VSU) Log (copy as needed)

Name: \_\_\_\_\_ Address: \_\_\_\_\_  
 County: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Date	Activity/Job Performed	Hours (report in appropriate category)			
		Extension	KEHA	Community	Personal
<b>TOTALS</b>					

Categories: Extension = Volunteer service for projects or programs directed by an Extension Agent. KEHA = Volunteer hours for projects initiated and led by KEHA members. Community = Service to other entities/organizations in the community (not Extension or KEHA projects). Personal = Unpaid service to family, friends and neighbors. See KEHA Handbook pages 89-90 for complete category descriptions. Report all hours earned within the past KEHA year (July 1 – June 30). Logs are due to the county Leadership Chairman or designated contact by July 1.

**If you need a copy, contact the Extension Office.**

# Meal prepping saves time and frustration

Deciding what to have for dinner each night can be a daily conundrum for many of us. Barriers often include deciding what to prepare and needing more time to prepare a full meal. By preparing at least portions of our meals in advance, we can regularly have home-cooked, nutritious meals.

Research shows that people who regularly do advanced meal preparation tend to consume more fruits and vegetables and eat a more balanced diet. Meal prepping allows us to live our hectic lives while still providing our families and ourselves with nutritious foods. Pre-completing certain cooking steps saves time. The process may include simply prepping ingredients you will use later and completely preparing dishes to store for later use. Meal prepping also takes some of the stress and frustration out of deciding what to eat each night.

If you have never tried meal prepping, start small and don't invest much money. First, aim to prepare two to three meals per week in advance. Find nutritious recipes your family will enjoy and make a grocery list of the needed ingredients. Allow your family to chime in on the process or ask them if there is a new food or recipe they would like to try.



It is easier to set aside one day for grocery shopping and meal prepping as it cuts down on the number of times you must handle the food and gives you a set time to work meal prepping into your busy schedule. Include your family in the food preparation. Not only will it help spread the cooking responsibilities, but it will also teach your family basic cooking skills and balanced eating habits.



Remember food safety when preparing food. For example, when using a cutting board, slice vegetables before cutting meat. Store produce and meat separately to avoid contamination. While most people associate meal prepping with dinnertime, you can prepare quick breakfasts or use leftovers for lunches. When cooking dinner, make the most of your time in the kitchen. Clean the kitchen as you prepare food, chop veggies for a salad the next day, or slice some fruit for a quick grab-and-go snack for the family.

After preparing the food, store it in an airtight container and place it in the refrigerator or freezer, depending on how soon you plan to eat it. Consume refrigerated meals within five days. Freezing will allow you to store meals for a longer time.

As you become a meal-prepping pro, you can watch for sales to stock up on food staples and increase the number of meals you prepare at home.

For more information on meal prepping, food safety, and balanced eating, contact the Owen County Extension Office of the University of Kentucky Cooperative Extension Service.

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Source: Heather Norman-Burgdolf, assistant extension professor

# Fall 2023 Craftin' For The Community

## Sat., September 30<sup>th</sup> starting at 9 AM

at the Owen County Extension Center  
Proceeds will go to the Owen County Friends of Animals



*Coming together to enjoy a day of craftin' with friends old and new is a great thing. When you combine craftin' with helping a great non-profit in our community – now that is small-town AWESOME! Join us!*

### Table Spots Available

Don't delay because space is limited

(payment must be received to hold)

6-foot table \$55

Share a table \$30

Mail your registration today!

Questions? Call Dawn at 502-682-2725

Due to food costs, we have raised the price by \$5 for the first time ever! If that causes you a hardship and you still would like to attend, please call me.

### Food, Vendors, Classes, Chair Massages and Fellowship

This is a relaxed, fun filled day! Lunch, snacks, and drinks will be provided.

Do you have a craft you wish to share by teaching a class?

*We will also be collecting non-perishable food and personal care items for Meeting The Needs and a special prize given by drawing out one name of a participant - one entry per item donated! And don't forget about our craft supply yard sale table and awesome vendors too!*

# Craftin' For The Community

## Registration Form

**Checks should be made to the Memory Maker Homemakers and mailed to  
Dawn Davis PO Box #2 New Liberty, KY 40355**

NAME: \_\_\_\_\_

ADDRESS:

\_\_\_\_\_

\_\_\_\_\_

PHONE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

I would like to sit near (not guaranteed but we will try our best):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Dietary needs (please be specific if any allergies)

\_\_\_\_\_

\_\_\_\_\_

Please indicate the table size that you are requesting:

\_\_\_\_\_ ½ table (\$30 each)

\_\_\_\_\_ full table (\$55 each)

\_\_\_\_\_ Sorry, I am unable to attend but would like to make a donation to the Friends of Animals group. If making a donation, please make check to The Friends of Animals.

\_\_\_\_\_



# CRAFT CLUB



## OWEN COUNTY EXTENSION OFFICE

**Cost: \$4**

**Register by  
Monday, July 24th  
(502) 484-5703**

**Cash or  
Check only**



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

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

Sponsored by the Northern Kentucky



Area Extension

Homemakers



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



## BARN (Bringing Awareness Right Now) Workshop

June 7<sup>th</sup>, 2023 from 9 a.m.-4 p.m.

Boone County Enrichment Center

LUNCH IS PROVIDED

\*Required workshop for those who plan to participate in the BARN presentation.\*

Register by Friday, May 12th, 2023

by calling (859) 586-6101

or visit [tinyurl.com/BARNworkshop2023](https://tinyurl.com/BARNworkshop2023).

### Other important dates

#### Practice Dates

August 29<sup>th</sup> & 30<sup>th</sup> times TBA

#### Dinner Theater

August 31<sup>st</sup> from 6-8 p.m.

***\*You MUST be able to commit to attend a minimum of June 7th,  
August 29th AND August 31st dates\****

***For more information please call (502)484-5703.***

Cooperative Extension Service  
Agriculture and Natural Resources  
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LEXINGTON, KY 40546



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

# Let's Make a Basket!

**Tuesday, June 13**

**6:00 - 9:00 p.m.**

**Carroll County Extension Service**

**500 Floyd Drive, Carrollton  
(502) 732-7030**



**Dimensions: 6" x 11 1/2" 7 1/2" Tall (Basket/not Handle)**



**Instructor:  
Kathy Watts**

**\$30.00**

**Registration & Payment  
Due by June 8.**

**Make checks payable to Kathy Watts  
Drop off at the Extension Office**



Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
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LEXINGTON, KY 40546



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## Corn and Sweet Potato Confetti Salad

- |   |                                    |                               |
|---|------------------------------------|-------------------------------|
| <b>3 cups</b> sweet potato, peeled and diced                          | <b>2</b> green bell peppers, diced | <b>1 tablespoon</b> olive oil |
| <b>3½ cups</b> cut fresh corn kernels (7 ears) or frozen corn kernels | <b>1</b> red bell pepper, diced    | <b>½ cup</b> cider vinegar    |
|   | <b>1</b> small red onion, diced    | <b>½ teaspoon</b> salt        |

**Bring** one cup of water to boil in a 2 quart saucepan; **add** diced sweet potatoes. **Cook** sweet potatoes 10 minutes or until slightly tender. **Drain** and set aside. **Remove** shuck and silk from fresh corn ears; **cut** kernels from cob. **Dice** peppers and red onion. **Heat** olive oil in a large skillet on medium setting; **add** sweet potatoes and **cook** until slightly browned. **Add** peppers; **cook** 5 minutes; **add** corn kernels,

**cooking** until tender. **Combine** red onion and cider vinegar in large bowl; **add** skillet vegetables; **toss** and salt to taste. **Serve** warm or refrigerate for chilled version.

**Yield:** 16, ½ cup servings

**Nutritional Analysis:** 70 calories, 1.5 g fat, 0 g saturated fat, 0 mg cholesterol, 95 mg sodium, 13 g carbohydrate, 2 g fiber, 4 g sugars, 2 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.