

Washington County Homemaker Newsletter

APRIL 2024

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



The Kentucky Extension Homemakers Association is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education.

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Contact Us:

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washington.ca.uky.edu

April is Child Abuse & Sexual Assault Prevention Month

Thanks to Sue Clements for once again leading the April campaign for Child Abuse and Sexual Assault Prevention. Special thanks to everyone who helps with the campaign and all who help to plant pinwheels and attach ribbons to lamp posts downtown. **Pinwheels will be planted at the 1816 courthouse on April 5 at 10am, which is also Wear Blue Day.** Everyone is welcome!

Here are the activities included in this year's campaign:

- county and city proclamations
- information packets to local leaders and churches
- family resiliency brochures on Snappy Tomato pizza box deliveries
- banners for local communities
- pinwheel garden and ribbons downtown
- newspaper articles
- radio tips

We have information packets ready to be delivered to churches. Please contact Sue or Cabrina if you would be able to help deliver a packet to any church. Many hands make light work!



LEARN MORE:

bluesunday.org



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.

Note from the President

Homemakers,

April is Child Abuse and Sexual Assault Prevention Month. Please do all you can to help.

April is also Emergency Preparedness Month. Please take time to review the enclosed flyer and take precautions. Use the sites listed to insure you know what's needed and how to prepare.

Use this month to get your Emergency Health Information Cards completed for family and groups you participate in. Remember the Extension Office will run copies as needed.

Sue Clements



Homemaker Scholarship Winner

Congratulations to Morgan Thompson for winning the Homemaker Scholarship! Morgan has been involved in the 4-H program for many years and she is a graduate of the Teen Leadership program.

Thank you to the Homemaker Scholarship Committee of Marlene Frost, Joy Grissom, and Susan Breeding! The committee reviewed six strong applications (students' identifying information was blacked out so that the decision was as fair as possible). Thank you to all Homemakers who contributed to the fundraising yard sale last June. Half of the proceeds (\$250) went to this scholarship and half (\$250) was donated to 4-H Camp Scholarships.

Thought of the Month:

**"Alone we can do so little; together we can do so much."
-Helen Keller**

Roll Call:

April is National Volunteer Month. What is your favorite way to volunteer?

Book of the Month

.....
from the 2023-2024
Homemaker Book List

*A Place in the World: Finding the
Meaning of Home*
by Frances Mayes (2022)

A personal testament of travels abroad and building a sense of home. Mayes reflects on the many 'homes away from home' she has lived in during her travels across Italy, South America, France, and Mexico. This book examines how many characteristics of a home, including the ambience, culture, and camaraderie made along the way can stick with us throughout our own travels.



Cooking through the Calendar

Laura Milburn, SNAP-Ed Program Assistant, will hold monthly recipe demonstrations and tastings during 2023. Everyone is welcome to come! Past recipe demonstrations will remain available to watch at [facebook.com/WashingtonCountyNutritionEducation](https://www.facebook.com/WashingtonCountyNutritionEducation).

April 25 - 4pm
Washington County Public Library
Lentil Sloppy Joes

Do you need new meal ideas?

Join the Free Recipe Club

Sign up to receive 5 free seasonal Kentucky Proud recipe cards each month. Call the Extension Office at (859) 336-7741.

KEHA News & Notes

KEHA State Meeting – Registrations are arriving daily for the KEHA State Meeting May 7-9, 2024, at Sloan Convention Center and Holiday Inn University Plaza in Bowling Green. Visit the KEHA State Meeting website for information on making room reservations, registering for the event, and other details. The following are a few important highlights to note.

- Registration for sessions and crafts is first-come, first-served, so make sure you sign up early! Discounted early-bird rates are available until April 9, which is also the deadline for ordering a T-shirt. Late registration must be postmarked by April 23 at the latest.
- One session is already full. There is a form on the State Meeting webpage that will be updated as classes fill. Refunds of the class fee will be issued after State Meeting for anyone whose payment was received after a class is full.
- KEHA is once again utilizing a full conference or two-day registration pricing structure. Please know that it takes great expense to reserve the amount of meeting space and equipment required to host all that KEHA State Meeting offers. Registration is critical to cover the costs.
- Overflow hotel rooms are available if needed.
- Raising Hope will provide free health screenings Tuesday 9-3:30 and Wednesday 8-4. Fasting may be recommended for more accurate results but is not required.
- Agenda highlights include the opening luncheon at 11:30am on Tuesday, the business meeting at 10am on Wednesday, the general session featuring the choir at 5pm on Wednesday, and the awards luncheon at 11:30am Thursday. All times are Central Time.
- Silent Auction: Each county is encouraged to bring an item for the silent auction. Proceeds will benefit the 4-H Foundation.
- Raffle Basket: Each area is asked to provide a themed gift basket for the State Meeting raffle. Proceeds from the raffle will benefit the Ovarian Cancer Research and Screening Program. As always, thank you for your generosity and help in providing these items for the conference!

- Quilt Square Auction and Showcase: Members are invited to make a 12-inch finished quilt square for entry. Details are available in the [KEHA Newsletter](#). Proceeds will help offset costs associated with the KEHA State Meeting.
- Cultural Arts: Check-in will be from 8:30-11 a.m. Tuesday in five groups of areas. Check out will be 4-5 p.m. Wednesday in two groups. Details are outlined in the state newsletter.
- Master Farm Homemakers Guild: Once again the MFHG luncheon and meeting will be held in conjunction with the KEHA State Meeting. Members should look for details from the guild.

Things to Bring to KEHA State Meeting

- Bring your device (tablet or laptop) if you want help with social media. For the first time, we'll have a Tech Help Lounge open Tuesday and Wednesday during set hours to offer one-on-one help with social media accounts.
- Games or cards to be social in the evenings
- Donations (quilt square, auction item) and money to bid
- A sweater, as venue temperatures can vary
- Wear your black and white "checkered flag" racing colors for the opening luncheon for the Corvette Museum keynote speaker.

Quilts for Courageous Kids – The Center for Courageous Kids in Scottsville needs new twin bed quilts. Needed size is approximately 66 inches by 83 inches and can be homemade or store bought. Drop off at the Center in Scottsville or bring to KEHA State Meeting's collection point.

Nominate a Candidate for KEHA State Board – A total of 5 positions will be elected by delegate vote at the State Meeting business meeting in May 2024. Credentials must be sent by April 5, 2024.

Dates to Remember

- May 7-9, 2024 – KEHA State Meeting
- May 15 – 990N Deadline for 501(c)(3) organizations with fiscal year ending Dec. 31.

Dates to Remember

April 5 - Wear Blue Day for Child Abuse Prevention; Plant Pinwheels Downtown at 10am

April 11 - Monthly Food Distribution at Idle Hour Park - 8:30am

April 25 - Cooking through the Calendar

April 30 - Understanding Suicide
10:30am - Washington County Extension Office

April 30 - Community Baby Shower | 4-6:30pm

May 7-9 - KEHA State Meeting

May 14 - Barn Quilt Paint Party

988 SUICIDE & CRISIS
LIFELINE

24/7 CALL, TEXT, CHAT

Monthly Lesson & Meeting

Understanding Suicide

April 30 at 10:30am

Washington Co. Extension Office

Dr. Cheryl Witt will be presenting this lesson in-person at the Larue County Extension Office at 10:30am. A zoom link is also available for people to watch from their own homes or county. We will watch the presentation via Zoom at the Washington County Extension Office. You are welcome to attend in Larue County or Washington County, whichever you prefer.

SPECIFIC DUTIES

- Office receptionist
- Word processing
- Quickbooks
- Filing
- Maintaining databases & mailing lists
- Developing and maintaining websites
- Designing newsletters
- Providing support for county agents

Visit this website for more details and to apply:

SCAN ME



 Cooperative
Extension Service

**WE'RE
HIRING!**

2 STAFF ASSISTANTS

APPLY BY APRIL 16TH

BARN QUILT PAINT PARTY

BY: LIZ'S BARN QUILTS & WC EXTENSION OFFICE

TUESDAY MAY 14, 2024

WASHINGTON CO. EXTENSION OFFICE

9 AM - 3 PM



1



2



3

Outdoor Signs: 2'x2' = \$130, 3'x3' = \$190

Prices include:

- All supplies (boards, brushes, paint, etc.)
- Boards primed and ready to paint
- Paint colors can be decided day of event
- Lunch (please advise if you have special dietary needs)
- Must be paid in **full** by April 15, 2024



Sorry **NO** refunds on missed event- alternate arrangements will be available. Please bring your own drink, hair dryer and .94" Frog Tape.

Call to register, space is limited: 859-336-7741



4



5



6

PREPARING MAKES SENSE

How well you and your family prepare for a disaster before it happens impacts how quickly you recover.



KNOW YOUR RISK

Prepare for the risks where you live.

Visit [FEMA.gov](https://www.fema.gov) where you can input your location to get information about disasters in your area.

Visit [Ready.gov](https://www.ready.gov) to know how to prepare for disasters and what to do during an emergency.

Download the [FEMA mobile App](https://www.fema.gov/mobile-app) to receive real-time weather and emergency alerts, shelters, send notifications to loved ones and more.



MAKE A PLAN

Prepare yourself and your family before disaster strikes.

Specify the **needs of your household** like medical needs or items for your pets.

Practice your family's plan.

Visit [Ready.gov/plan](https://www.ready.gov/plan) and use our template to create a Family Emergency Plan you can email to yourself.



[ready.gov/plan](https://www.ready.gov/plan)



TAKE ACTION

Be ready to respond to and recover from a disaster.

Gather supplies that fit your family's needs.

Secure important documents.

Understand your **insurance coverage**

Participate in community disaster preparedness events.



Go to [Ready.gov](https://www.ready.gov) for more information to help you be prepared!

2020 Census Quilt

KEHA has produced a booklet about the 2020 Census Quilt that provides details on each quilt square. Using information and images from the booklet, we will feature a couple of quilt squares each month to learn more about our Kentucky counties.



Perry County

Creator: Designed by Jan Gibson;
Made by Nancy Pratt and Cheryl Leabo

Pattern: Appliqué

Description: The Moose Goose Building in Hazard was built by George Stacy, who, at the time, worked for the railroad. Stacy started working on the house in 1935. It was completed in 1940. It was built as a home for Stacy, but it has housed several businesses since that time. Besides its eight egg-shaped windows, this unique home features automobile lights that serve as the Goose's eyes. At one time, the lights blinked to passing motorists. The exterior of the Mother Goose house is made of sandstone from the creeks in the area, most of it hauled to the site by Stacy's three sons. The roof of the building is ribbed just

like a goose. Mr. Stacy used a goose skeleton to get the proportions correct. The head of the goose is about 15 feet high. There is a tail at the other end of the roof. It was built in an oval shape to symbolize a nest. The Goose continues to attract attention around the world. It has been featured in the New York Times and on the Oprah Winfrey Show.



Pike County

Creator: Joetta Maynard

Pattern: Log Cabin

Description: Pike County is the easternmost county in Kentucky and the largest. In early days, houses were built of logs, and some are still in existence today. The Leslie family probably built the first log structure in Pike County in 1789, but it was not until the next year that they established a lasting settlement in the county. It is believed that Daniel Boone, the well-known Kentucky pioneer, visited our county in the winter of 1767-1768. The log cabin quilt was a popular quilt design, but it did not originate in this country. The oldest designs were found on ancient mummies in Egyptian tombs and in English quilts predating 1830. The earliest signed/dated log cabin quilt in the

United States was made in 1869. Early log cabin blocks were hand-pieced with strips of fabric around a center square. The square was usually red to represent the heart of the home.

April Word Search

EARTH
 BUTTERFLY
 RECYCLE
 SUNSHINE
 REDUCE
 RAINBOW
 REUSE
 FLOWER
 KITE
 UMBRELLA



puzzle-maker.com

E	R	L	V	N	R	Z	R	B	N
M	C	L	T	E	B	E	U	P	M
U	T	U	U	N	C	T	E	Y	W
B	M	S	D	Y	T	N	B	O	R
D	E	B	C	E	I	T	B	E	H
D	L	L	R	H	R	N	W	T	Z
V	E	F	S	E	I	O	R	M	Z
Y	L	N	T	A	L	A	D	J	R
Y	U	I	R	F	E	L	Y	T	B
S	K	P	Q	N	W	D	A	M	J

Apple Sage Pork Chops

- **1 tablespoon** flour
- **1 teaspoon** dried sage
- **2 tablespoons** garlic powder
- **1/2 teaspoon** ground thyme
- **1 teaspoon** salt
- **4** boneless center cut pork chops
- **2 tablespoons** oil
- **1/2** large onion, thinly sliced
- **2** thinly sliced red apples
- **1 cup** unsweetened apple juice
- **2 tablespoons** brown sugar (optional)

Wash hands with soap and warm water, **scrubbing** for at least 20 seconds. **Gently clean** all produce under cool running water. **Mix** flour, sage, garlic, thyme, and salt together in a small bowl. **Sprinkle** 1 1/2 tablespoons of the mixture over both sides of the pork chops. Remember to **wash** hands after handling raw meat. **Heat** oil in a large skillet over medium-high heat. **Sear** pork chops for 2 to 3 minutes on each side. Pan will smoke a little. **Remove** pork chops from the pan and set aside. **Reduce** heat to medium. To the same skillet, **add** onion and **cook** for 2 minutes, or until soft. **Add** apples, and **continue cooking** until tender, about 2 minutes. **Add** apple juice, brown sugar, and remaining spice mixture and stir to dissolve. **Return** pork chops to the skillet by nestling them in the pan. **Bring** the liquid to a boil, **reduce** heat to low, and **simmer** for 5 minutes or until the pork is cooked through and reaches 145 degrees F on a food thermometer. **Refrigerate** leftovers within 2 hours.

Yield: 4 servings. **Nutrition Analysis:** 310 calories, 10g total fat, 1.5g saturated fat, 50mg cholesterol, 660mg sodium, 35g total carbohydrate, 3g fiber, 25g total sugars, 7g added sugars, 22g protein, 6% DV vitamin D, 2% DV calcium, 6% DV iron, 15% DV potassium.



Types of Physical Activity: Aerobic Activity

Aerobic activities make you breathe hard and your heart beat faster. Aerobic activities can be moderate or vigorous in their intensity. During moderate physical activity, you can talk while you do them, but you can't sing. Moderate exercise includes activities such as brisk walking, swimming, and mowing the lawn. During vigorous physical activity, you can only say a few words without stopping to catch your breath. Vigorous exercise includes activities such as running and aerobic dancing.

Source: www.planeatmove.com/get-moving/how-to-get-started/