

Pulaski County Extension Office

Homemaker Newsletter

2024 KEHA Quilt Square Showcase and Auction

The KEHA Quilt Square Showcase and Auction is back for the ninth year at the KEHA State Meeting. Anyone wishing to participate should make a 12-inch finished quilt square. (Finished means piece the square, put in the batting, put on backing and finish the edges just like you would a complete quilt. Finished applique squares are also eligible.) This special showcase is an opportunity to highlight quality work from KEHA members across the state.

As you prepare your quilt square(s), consider designs that you would want to purchase. Bring the 12-inch finished square(s) to the KEHA State Meeting in Bowling Green. Please write your name and county on a small slip of paper and attach to the back of the square.

If you are unable to attend the KEHA State Meeting, please feel free to send your square(s) with another KEHA member. If you have any questions, please contact Ann Porter, KEHA 1st Vice President, 606-584-2510 annsporter42@gmail.com



Dear Homemaker,

Thank you for taking the time to be a Pulaski County Extension Homemaker. All the time you give to your homemakers and our community is appreciated so much. You are so generous and willing to share with all.

Be sure to read your newsletter and take advantage of the classes and events going on at the Extension Office. If you would like to teach a craft, a class, or other, just let us know. Our one space is limited but occasionally we do have time available for another class.

Ground breaking has occurred for our new office, so keep looking and watching as this becomes a reality.

Edith M. Lovett

*Happy
Spring*

Reminders

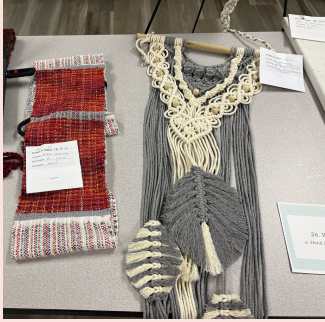
Pulaski County Extension Homemakers
Annual Meeting
“Birds & Bees”

Monday, June 24th
Registration: 5:00 PM
Meeting: 5:30 PM

Hal Rogers Regional Fire Training Center
180 Oakleaf Lane

More information to come!

Cultural Arts



Janet Moran's loom scarf will represent our Area in the loom making division at State KEHS meeting



Mary Ann Coopers pen and ink drawing won her division at the Area contest



Nancy Kincaid won the Oil Paintings division!



Karen Thrasher's quilt was a winner in the quilting division

Homemakers Rock!



The Not So Pampered Chefs Homemakers Extension Club donated several lap throws to Hospice to give to their patients.



Charlotte Brence a Near By Neighbor Member teaches a fellow homemaker how to make a bow to go on a wreath, door, or gift.



Want to learn about quilting? We have three classes that do sewing and mainly quilting. Presidents are Virginia Bean, Barbara Bean Slagle and Janet Moran. The Material Girls made 25 small quilts to give to the Animal Shelter to put in the cage with the dogs. The Material Girls are working on Quilts to share with the Recovery Teams to give to clients that are in need of comfort quilts.



The Hinkle Belle Homemakers enjoyed painting Bunnies on their Easter Vases.



Our people always enjoy Cassandra Hurst Jewelry Classes. She always provides all the beads. Denise Salter and Jennifer Waddle helped her with the last class



Denise Salter is shown helping a client pick out the beads she wants to include in her jewelry class.



The Near By Neighbors Extension Homemakers assisted the Woodstock Center in helping with the free Bean Supper for anyone that wanted to attend. More than 100 people were in attendance





NOTICE!

KEHA State Meeting

To those that are donating quilt squares to the KEHA State Meeting please have your squares to the Extension Office by Friday, May 3. And a big Thank You to You!

Cultural Arts Winners

Our Four Area Cultural Art winners need to have their winning entries to the Extension Office also by Friday, May 3.

The four winners were:

Mary Ann Cooper- Pen and Ink Drawing

Nancy Kincaid- Oil Painting

Janet Moran- Loom Scarf

Karen Thrasher- Quilt



Hundreds of Pulaski High School students attended the Career Fair Day. The Extension Service shared about careers at UK

Extension At Work



We had some men to join in our class about Beginning Gardening. Our classes are always open to everyone. You are sure to gain a lot of knowledge when you go to one of Beth's horticulture classes.

Lake Cumberland Farmers Market



Senior Farmers Market Nutrition Program for seniors 60 years of age and older provides money to those that qualify. The guideline is by Household Size and Income. If you have neighbors you know that would qualify for this program, please encourage them to sign up at the Pulaski County Court House, 3rd floor. These vouchers can only be spent at the Farmers Market uptown.

Woodstock Farmers Market is open each Saturday from 8:00 to 12:00. They do not charge a fee for vendors. You provide your table and chairs. They also have crafts and other items for sale with their Farmers Market.

Visit other Farmers Markets in our County, and those Farmers that are selling produce from their farms in the county. Let's all help our farmers.

April

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

Thought for the Month: Volunteers don't get paid not because they are worthless, but because they are priceless. Check out our Newsletter to find out all the Volunteer Services our Homemakers have been providing for our people this month.

April 17th, 1:00 pm, Extension Office: Come get ideas for growing your vegetables in a Container.

April 22nd, 9:00 am, Extension Office: "Cards "R" Us. New ideas for making Cards to send to your favorite people.

April 18th, 11:00 am: "Big Blue Book Club by ZOOM. "Heartland"

April 20th, 8:00 am: Woodstock Farmers Market open from 8:00 to 12:00.

April 22nd, 1:00 pm: Homemaker Lesson Leader Training, "Healthy Food Choices" with Clinton County Extension Agent, Christy Stearns. Please try to have a representative present to get the information for your club. If you can't make it, your materials will be in your Mail Box.

April 23rd, 11:30am: Cooking From The Calendar. Come sample "Lentil Sloppy Joes." Call the office at 679-6361 to register.

April 25th, 11:00 am: Big Blue Book Club by ZOOM "Heartland."

April 27th: "Farmers Market" opened uptown and other sites.

April 29th, 1:00 pm: Food Preservation Class, Demonstration House

May

May Roll Call: In May we celebrate mothers. Share a favorite Mother's Day Memory.

Thought for the month: "Motherhood is the biggest gamble in the world. It is the glorious life force. It is huge and scary. It is an act of infinite optimism.

May 3rd: Registration Due at Pulaski County Extension Office for Lake Cumberland Area KEHA

May 16 in Adair County: Cost \$15. This is a day meeting.

May 4th: Farmers Markets opened throughout the county.

May 6th: Applications due in the office for Homemaker of the Year, Homemaker Club of the Year, and Mini Grant Application from the Holiday Dinner. Presidents have applications.

May 7-9, 2024: KEHA State Meeting "Blazing the Way" Sloan Convention Center and Holiday Inn University Plaza, Bowling Green, Kentucky.

May 10th: Registration due for "Back to the Basics: Cooking With Cast Iron" Wayne County Extension Office, Thursday, May 30th at 9:00 EST, Cost \$15. Register at the Pulaski County Extension Office.

May 13th, 1:00 pm: Freezer Food Preservation Class

May 15th, 11:30 am: Homemakers Council Meeting at the Extension Office.

May 16: Lake Cumberland Area KEHA Meeting at Adair County Extension Office. Registration at 10:00, for "Lets Have A Garden Party,." See Attached Flyer.

May 30th: "Cooking With Cast Iron" at Wayne County Extension Office. See Flyer



BACK TO THE BASICS: COOKING WITH CAST IRON



Thursday, May 30th
Wayne County Extension Office
255 Rolling Hills Blvd, Monticello

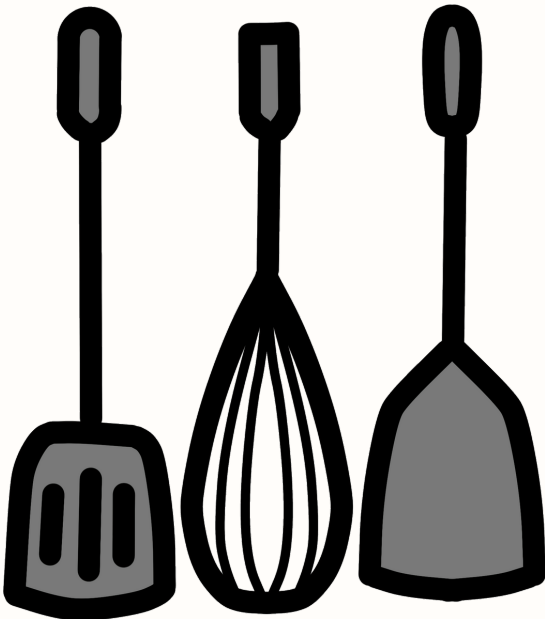
Registration begins at 9:30am EST
Program begin at 10am EST

LEARN ALL ABOUT:

- THE HISTORY AND BASICS OF CAST IRON
- RESTORATING CAST IRON
- CARING FOR CAST IRON
- MULTIPLE CAST IRON COOKING DEMOS



Registration and \$15 fee due to
your county office by May 10th



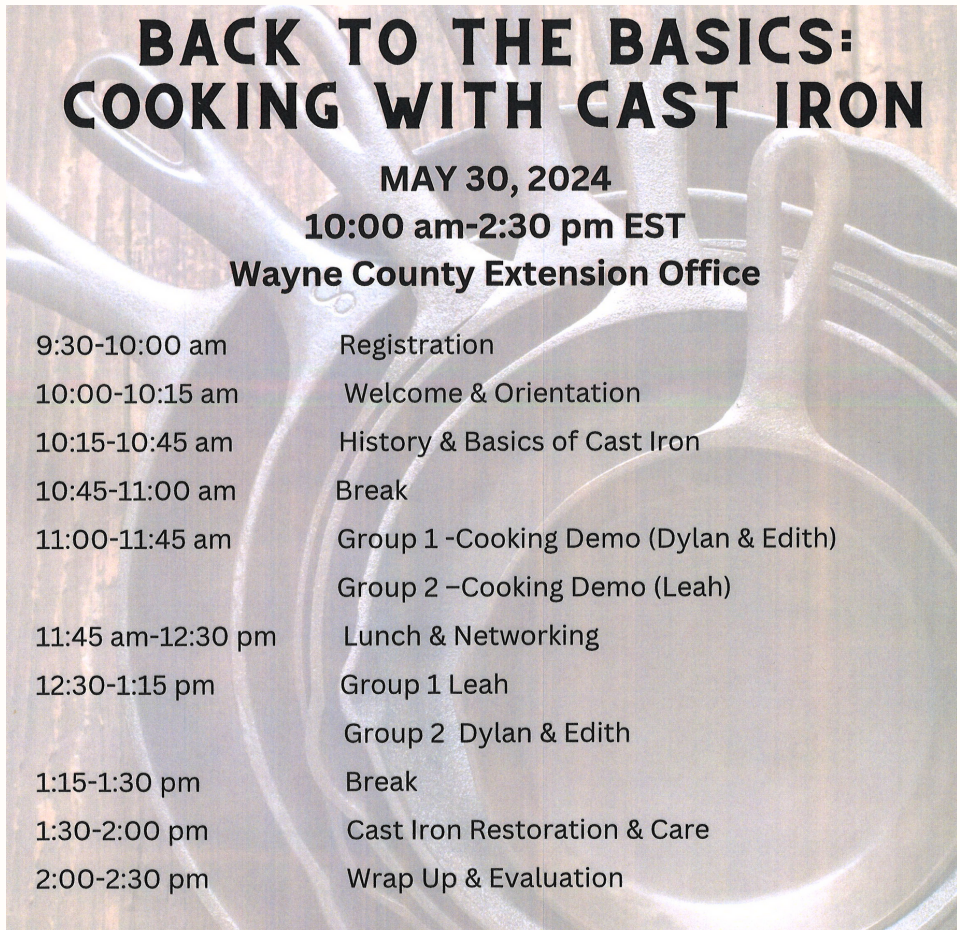
BACK TO THE BASICS: COOKING WITH CAST IRON

MAY 30, 2024

10:00 am-2:30 pm EST

Wayne County Extension Office

9:30-10:00 am	Registration
10:00-10:15 am	Welcome & Orientation
10:15-10:45 am	History & Basics of Cast Iron
10:45-11:00 am	Break
11:00-11:45 am	Group 1 -Cooking Demo (Dylan & Edith)
	Group 2 -Cooking Demo (Leah)
11:45 am-12:30 pm	Lunch & Networking
12:30-1:15 pm	Group 1 Leah
	Group 2 Dylan & Edith
1:15-1:30 pm	Break
1:30-2:00 pm	Cast Iron Restoration & Care
2:00-2:30 pm	Wrap Up & Evaluation





FOOD

Preservation Classes

April 29th: Freezing

May 13th: Water Bath

May 17th: Pressure Canner

May 31st: Pressure Canning

ALL CLASSES ARE AT 1:00 PM

PULASKI COUNTY EXTENSION OFFICE

PLEASE RSVP AT 606-679-6361

**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.



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



Let's Have a Garden Party

LAKE CUMBERLAND ANNUAL MEETING

INFO

Join us for 'Let's Have a Garden Party' presented by Adair County Homemakers. Enjoy fellowship, regional history, and delicious food for \$15 payable at your county extension office. Cost includes lunch, activities, and don't miss out on our door prizes! A few reminders for counties before your visit...

- Bring one check payable to Adair County Homemakers for all attendees.
- Provide one envelope labeled with the county name, containing slips of paper with all attendee's names.
- Bring one door prize valued at your discretion labeled with county name
- Remember our name tag contest, garden themed entries are encouraged

Thursday, May 16th 9AM CST
Registration opens at 8:30AM CST
Adair County Extension Office
409 Fairground St. Columbia, KY 42728

ENTERTAINMENT



FINE DINNING

Main Course:

Italian Chicken Cutlets or Roast Beef

Sides:

Mashed potatoes, Green Beans, Rolls,
 Broccoli & Cauliflower Salad

Dessert:

Variety of Cupcakes

RSVP DUE TO YOUR COUNTY BY FRIDAY, MAY 3RD

Cooperative Extension Service

Agriculture and Natural Resources
 Family and Consumer Sciences
 4-H Youth Development
 Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or receipt or retaliation for prior civil rights activity. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodations with prior notification.

TIPS FOR TACKLING STRESS

Life can be stressful. Things like work, relationships and finances can leave you feeling overwhelmed and exhausted.

While you can't always eliminate stress, you can seek help and learn to manage it so that it doesn't take a toll on your physical and emotional well-being.

Stress and anxiety aren't the same. To learn about their differences, visit [nimh.nih.gov/health/publications/so-stressed-out-fact-sheet](https://www.nimh.nih.gov/health/publications/so-stressed-out-fact-sheet).

If you, your child or someone you know is thinking about self-harm, call or text the National Suicide & Crisis Lifeline at **988**, chat at 988lifeline.org, or go to the nearest hospital emergency room.

The information contained in this document is for general information purposes only and does not attempt to provide medical, mental health, or any other type of health care service. This presentation is not intended to be an alternative to medical treatment, and the content may not apply directly to specific circumstances. The information is provided by UK HealthCare and while we endeavor to keep the information up to date and correct, we make no representations or warranties of any kind, express or implied, about the completeness, accuracy, reliability, or suitability with respect to content.



CREATING A HEALTHIER KENTUCKY
At UK HealthCare, we're leading the way to help all Kentuckians live their healthiest lives.

Diaphragmatic breathing

Breathing changes with mood, and mood changes with breathing. When stressed, our breathing rate increases.

There are two types of breathing:

1. Chest breathing (typically rapid) can cause unneeded stress.
2. Diaphragmatic breathing (typically slower) signals to the body that "all is well."

Here are some activities you can try when you start feeling overwhelmed:

3-part breath

This full-bodied natural breath can help you relieve stress. All three parts flow into one, like the filling and deflating of a balloon.

- Start with one hand on your chest and one on your stomach.
- Let out a long, slow exhale and relax.
- Breathe into your stomach while keeping your chest still.
- Then let your stomach and chest expand before deflating.
- Then let your stomach, chest and shoulders expand before deflating from your shoulders to chest to stomach.

5-4-3-2-1 coping technique

- 5: Acknowledge 5 things you can **see** around you.
- 4: Acknowledge 4 things you can **touch** around you.

- 3: Acknowledge 3 things you can **hear**.
- 2: Acknowledge 2 things you can **smell**.
- 1: Acknowledge 1 thing you can **taste**.

TIPP for distress tolerance

- Temperature—Our bodies will heat up when we're upset. To quickly calm down, splash cold water over your face.
- Intense exercise at a pace that is comfortable to you and/or recommended by your health care clinician.
- Try using the 3-part breath.
- Progressive muscle relaxation.

Progressive muscle relaxation

- While inhaling, contract one muscle group for five seconds, then exhale and release the tension.
- Relax for 10 seconds, then move onto the next muscle group (e.g. legs, arms).
- Focus on the changes you feel when the muscle group is relaxed.
- Gradually make your way back up the body, contracting and relaxing different muscle groups.
- Audio to guide you through this exercise can be found on YouTube and wellness apps like Headspace.

Stay connected

Spending quality time with loved ones and your community can improve both your physical and mental health.

Pulaski County Extension Office
P.O. Box 720
Somerset, KY 42502
Ph: (606) 679-6361

Scrumptious Strawberry Salad

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

