

# Pulaski County Extension Homemakers Newsletter

February-March 2025

It has been a cold January, but warm weather is just around the corner. We are all excited about the new Pulaski County Extension Office Building that is being built, and hopefully, we will be in it soon. Just remember if your homemakers meet at this office, you will still have a place to meet no matter what shape the agents are in....moving, packing, toting, etc. The house across the street will be available, and mainly the only things from the office that will be moving are the Agents. This is an exciting time for all of us. Open House is planned for May 20th, but you are always welcome to look at your facilities. Just a wonderful experience for everyone. Hope you are warm and ready for the rest of the homemaker year. Be sure to read our minutes enclosed.

Sincerely,

*Edith M. Lovett*

*Edith M. Lovett*

## Moonbow Photography

March 14th-16th come attend the Moonbow Photography weekend at the Cumberland Falls State Park. Open to all photographers of all skill levels.



*Edith M. Lovett*

## Homemaker Council

Your Pulaski Extension Homemakers Council meet bi-monthly to take care of activities for the coming months. The minutes are enclosed for all members to review.







Hospice of Lake Cumberland

February 11 at 3:37 PM · 🌐

Thank you to Not So Pampered Chefs of Somerset,Ky for your generous snack donation for our Jean Waddle Care Center! #makingeverymomentcount #hospiceoflakecumberland



Sharon Ware, Chairman of the Teddy Bear Drive, Edith Lovett and Mary Ellis attended the Pulaski County District Firemen's meeting. Each of the 16 Fire Stations in the county received a bag full of Teddy Bears to share with children facing trauma in their lives.

## Meet your council officers!



Pulaski Extension Homemaker Council Officers are shown. They are Mary Ellis, President, Sheila Adams Vice-President, Trina Evans Secretary, and Kim Toby Treasurer.



### **Homemaker Leader Lesson Training**

Monday, February 24, 2025, 1:00 Clock. Presidents, please have a member present for this training. Christy Stearns from Clinton County will be leading the class.

### **Cultural Arts Competition**

Have all the articles to the Pulaski Extension Office by Friday, February 28, 12:00 noon!  
Blue Ribbon Winners go on to Area Competition.

Area Cultural Arts Competition, Tuesday, March 11, Green County

### **Lake Cumberland and Area Grants by March 1, 2025**

Area Grants are due to: June Williams, Lake Cumberland Vice President,  
111 Twin Pines Road  
Pine Knot, KY 42635

State Grants will go to: Martha Cooley,  
204 Desert Inn Ct. Hopkinsville, KY 42240

All presidents have been sent the forms to fill out for the area and state grants. If you have not received them, check with the office.

Lake Cumberland Area Mini Grant Application Guidelines and Scoring Sheet are enclosed.  
The same grant can be copied and used for Area and State Competition.

### **Homebased Microprocessors Workshop**

Friday, March 14, 2025, 9:30 to 2:30 p.m., Pulaski County Extension Office.

Homebased Microprocessors are people who grow, and harvest produce to use in their value-added products they sell at Farmers Markets.

### **Sourdough Class**

Wednesday, March 19, at 2:00 o'clock, Pulaski County Extension Office, cost \$5.00 must pay in advance since class size is limited to 15. All attendees get to take home a sourdough starter and instructions.

### **Lake Cumberland Area Extension Homemakers**

Annual Meeting, Thursday, May 15., Clinton County, cost \$15.00 and you must pay in advance. Registration is 5:30 our time. Program at 6:00 pm. Call the office if you need a ride.



# HELP...HELP

- We have had a request for a class to be taught on setting up a Facebook account. If you are willing to teach this class, please contact the office so arrangements can be made. We always want to offer classes that meet your needs.
- If your homemaker club would like to provide a dinner meal for the free Medical and Dental Workers, please contact Roseanna Foster. The homemakers provide the meal on the 2nd Wednesday of each month at 5:15 to these people who donate their time to help people with their medical needs and have no insurance. The 5-16 Medical Clinic is located at 810 East Mt. Vernon Street. On the same side of the street as the Medicine Pharmacy Shop, but a street separates them. You park at the back of the building to deliver food for 10 people.

## February-March Calendar for You

February 17-18-19-20: FCS Agent at Inservice Training

February 24: Free Card Class at the Extension Office 9:00 o'clock All supplies provided.

February 24: Pulaski Homemakers Leader Lesson Training for March 1:00 o'clock

February 25: Cooking from the Calendar, 11:30, Cauliflower Bites, Please Call to Register

February 28: Pulaski County's Cultural Arts Competition

### March...Be watching...we may be moving.

March 1: Area and Mini Grants Due, Call the office if you need more help.

State Homemakers Creative Writing Contest Due

March 3: Monday, Senior Potluck Luncheon at Woodstock Community

March 6: Thursday, Senior Potluck at First Baptist Church Somerset

March 4-5-6: All agents are at State Extension Conference

March 11: Area Cultural Arts Competition, Green County Extension

March 14: Homebased Micro Processing Workshop 9:30 to 2:30 cost \$50

March 19: Sourdough Bread Class 2:00 o'clock, Cost \$5 in advance Limited to 15, must pay in advance. Take home your own starter.

March 24: Card Making Class 9:00 o'clock.

March 24: Homemaker Leader Lesson Class 1:00 o'clock

March 25: Area Homemaker Council Meeting, Adair County

March 28: Using the Air Fryer in the Kitchen at 1:00 o'clock.



# **PULASKI COUNTY EXTENSION HOMEMAKERS COUNCIL MEETING**

**WEDNESDAY FEBRUARY 05, 2025**

**OPENING:** The meeting was called to order by president, Mary Ellis at 11:34 pm on February 05, 2025 at the Extension Office. Sheila Adams led the Pledge of Allegiance. Edith Lovett blessed the soup and sandwich lunch which was provided.

Minutes from the last meeting provided by Trina Evans were reviewed. Sheila Adams moved to accept minutes, 2<sup>nd</sup> by Jennifer Weddle.

The financial report, which had been prepared by Kim Toby, was reviewed and discussed. Kim stated she will submit an amended balance after including sales from some additional Christmas ornament sales from the Holiday Tasting. Mary stated financial report would be submitted for audit. Sheila Adams also commended those in charge of the Holiday Tasting for their great efforts in keeping down the cost.

Members in attendance were Edith Lovett, Kim Toby, Mary Ellis, Sheilah Adams, Trina Evans, Debbie Peppers, Betty Waddle, Sharon Ware, Joanna Harness, Barbara Thompson, Jane Meece, Rebecca Williams, Joann Hamilton, Rosanna Foster, Melinda Hutchison, Emily Branscum, and Jennifer Weddle.

## **OLD BUSINESS:**

Mary stated the State Meeting will be May 6-8, 2025 at the Hyatt Regency Hotel in Lexington, Ky. The theme will be "Hidden Treasures". The cost of rooms will be \$149.00 per night for 2 persons. Advised to call and ask for KEHA rate.

Rosanna Foster, elaborated on the need for meals provided for the Somerset Christian Dental Mission. Meal is to be provided for 10 persons on the 2<sup>nd</sup> Wednesday of each month, including entrée, side, dessert, and possibly beverage. Meals need to be delivered to the clinic by 5:15 pm at the rear of the building. Edith Lovett will provide meal for February, Hilltoppers club will provide for March, and Hinkle Belles will provide for April. Any person or group willing to provide a meal can contact Rosanna Foster at 606-224-9383, or Trisha Parker, scheduling contact at the clinic at 606-305-1803.

The KEHA 2025 vacant positions still to be filled are secretary, 1 leadership chairperson, and 1 4-H chairperson. Applications are being taken and the qualifications for the positions are available online.

The new Extension Office building still has to have the asphalt completed and furniture moved in. Edith reports she was told it would likely be ready in March 2025. The committee is looking for Open House to be May 20, 2025 at 3:00-6:00 pm. However, the date is uncertain as of now. The chamber of commerce will do the ribbon cutting ceremony. The Homemaker's clubs are to provide blue and white punch in keeping with the UK color theme. Edith states she wants to collect various items for door prizes. Mary said there will be tables for each category such as cattlemen, beekeepers, homemakers, etc.

## **NEW BUSINESS:**



For the State meeting, LCA is responsible for table centerpieces. Each county to do a centerpiece. Jennifer Weddle to chair centerpieces.

LCA mini grants due by March 1, 2025. Edith to send out forms. Forms are due back in the Extension office by February 25, 2025.

KEHA contest, scholarships and grants are due also by March 1, 2025.

PC Cultural Arts due February 28, 2025. LCA Cultural Arts due March 11, 2025. Qualifications for Cultural Arts can be found in the Homemaker's Handbook.

Sharon Ware, Mary, Ellis, and Edith Lovett went to Hal Rogers Fire Training Center recently to deliver collected stuffed bears to the local fire departments which will be given to children by the firemen. Sharon Ware moves that she would like for the stuffed bear collection project to be a county project and take to the annual meeting. She states has already received promise of a donation from someone. Barbara Thompson 2nds the move.

PC mini grants and scholarships due by May 2, 2025. This includes homemaker and club of year. Need to include club members on forms.

Preparations for Annual Meeting in June 2025 underway. When we meet in April, Sharon Ware, from Cards R Us, will have the theme. Will ask other clubs to sign up as well.

Mary states the Vice President Elect position will allow person to work with the president for a year.

Sheila Adams encourages nominating from clubs. Clubs aren't responsible now for annual meeting.

#### REMEMBER:

Bessie Loveless, she lost her husband in December.

Donna Wheeldon's family, as she passed away.

Brenda Garner lost her sister recently, as well as her brother and husband.

Sandy Phelps lost her father recently.

Barbara Slage, as she recovers from surgery.

Edith reminds that Monday February 10, 2025 there is a Valentine class. Limited spaces. Cultural Arts due by February 28, 2025. Cooking Class each month at 11:30 on 4<sup>th</sup> Tuesday. Leadership Training Class each month on the 4<sup>th</sup> Monday at 1:00pm. She also reminded everyone to practice healthy habits such as eating healthy, exercise, avoiding illness, getting early treatments when ill and not touching face with hands and practicing frequent hand washing.



**HILLTOPPERS:** Sheila Adams reports that each member will choose a charity project in which to donate. They will be doing 2 projects in the Relay for Life Event.

**MEADOWLARKS:** Debbie Peppers donates to Bethany House.

**PEACEFUL QUILTERS:** Debbie Peppers states they are taking boxes to Somerwoods.

**HOPEFUL:** Barbara Thompson states Gladys is in wheelchair and others are not doing well at this time. Haven't been able to meet for about 3 months.

**EAST SOMERSET:** Rosanna Foster working on blankets to teach boys and girls clubs how to make no sew blankets.

**MATERIAL GIRLS:** Rosanna Foster states they are getting instruction and learning to quilt for a project for the next Holiday Tasting.

**NOT SO PAMPERED CHEFS:** Emily Branscum states they are working on 3 projects- Taking towels to Bethany House, Taking snacks to Hospice, and thinking of ideas for grants.

**GOURMET GALS:** Jane Meece was in attendance for her club.

**JUST AMONG FRIENDS:** Rebecca Williams was in attendance for her club.

**HINKLE BELLES:** Betty Waddle and Jane Surber report they take food and snacks to hospice and provide meals for the Somerset Christian Dental Mission.

**CARDS-R-US:** Sharon Ware states they make cards to give to the nursing home patients. They also made tags for the teddy bears taken to the fire departments. Their club is helping with the Annual Meeting. Sharon states their group meets at 9:00 am each month on Mondays and welcome anyone who would like to learn to make cards to attend.

**EDITH LOVETT:** States crocheting baby blankets is always an on going project at the Extension Office. Patterns are available to anyone wishing to crochet blankets.

Mary Ellis led the group in the KEHA Creed.

The next Homemaker's Council Meeting will be April 16, 2025 at 11:30 am.

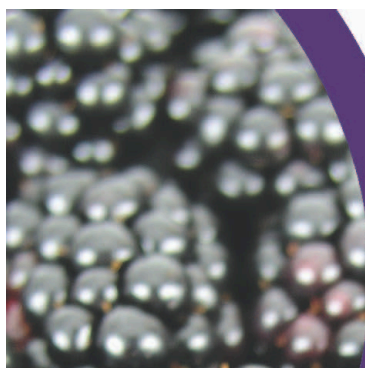
**Adjourned at 1:06pm**

Minutes submitted by Trina Evans, secretary.





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Ph.: (606) 679-6361



## Berry and Basil Pizza Crisp with Honey Balsamic

<b>Balsamic Honey Glaze:</b>	<b>Flatbread:</b>	<b>1 ½ cups</b> strawberries, chopped
½ cup balsamic vinegar	6 flatbreads	15 basil leaves, chopped and divided
3 tablespoons honey	12 pieces of cheese, such as Havarti (2 per flatbread)	
	1 cup blackberries, halved	

**Preheat** oven to 400°F. **Place** flatbreads on a baking sheet and **add** two slices Havarti cheese, blackberries, and strawberries. **Bake** for 5-7 minutes, or until cheese is melted. After flatbreads are removed from oven, **add** chopped basil and honey balsamic glaze. **Serve** warm.

**To make the glaze:**  
**Add** balsamic vinegar and honey

to a small sauce pan and **simmer** until reduced by half (10-15 minutes). **Remove** from heat and **set aside**.

**Serves:** 6 Flatbreads

**Nutritional Analysis:**  
340 calories, 16 g fat, 9 g saturated fat, 40 mg cholesterol, 520 mg sodium, 34 g carbohydrate, 11 g fiber, 16 g sugar, 20 g protein