

Lyon County Extension Homemaker Newsletter

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“You don’t inspire your teammates by showing them how amazing you are, you inspire them by showing them how amazing they are.”

-Robyn Benincasa



What a fun week we had at the state Homemaker meeting where Homemakers from all over the state came together to encourage, learn, and grow their leadership skills for the organization. As I reflect on the people I met and the classes I took, one thing was abundantly clear after this week. We are better together. We can accomplish so much more together. For our state to have such a successful Homemaker delegation it starts with those of you who commit to being Homemakers right here in your home county. We each have a role to play, a talent to share, and a gift to use. It is how we conduct ourselves when giving of those talents that makes the difference in our organization. Are we giving to prove that we are better than our fellow homemaker? Are we trying to prove we have more knowledge or money than our fellow Homemaker? Or, are we learning to lead with love and compassion for everyone? Are we working to make sure we are inspiring those around us so we can all do amazing things together? As we head into the summer months, I hope you reflect on how important it is for you to play your role in our organization by inspiring others to be amazing! -Angie

Congratulations!

Lyon County Homemakers showed up and showed out at State Cultural Arts this year! As always I am so proud to be your agent and overwhelmed by all the talent we have in our county. Congratulations to the following winners:

- Evette Stewart:** Blue Ribbon and Championship Purple ribbon for her sunflower photograph
- Kathy Sims:** Blue Ribbon and Championship Purple ribbon for her appliqued jacket and blue for her thread painted purple flowers in vase
- Shirley Green:** Blue for her reversible doll
- Elizabeth Longbrake:** Blue for her country scene quilt
- Christy Stephens:** 3 Blue ribbons for her recycled photo album, scrapbooked beach scene, and pop-up card
- Linda Smith:** Blue for her our daily bread embroidery
- Carolyn Travis:** Blue for her wedding ring quilt
- Susan Lambert:** 2 Blue Ribbons for her quilted vest and basket weave vest

Your items are now available for pick up at the Extension office. Please stop by anytime during regular business hours.

Save the Date

Mark your calendars for our next County Annual Day set for June 22, 2017 at 10:00. There will be a \$1.00 registration fee that has to be paid by June 16, 2017. That means you have 48 days from now to stop by and sign up. Don’t let time slip away from you!

Agricultural Agent, Susan Fox, will be sharing her presentation on container gardening. Don't miss out on a fun day! More details to come.

MAY 19- International Leader Lesson Lunch and Learn

Join us for a presentation given by Brenda Bosecker from Trigg County. Brenda will be sharing stories of her trip to China where she returned with one of her most treasured possessions, her granddaughter! Brenda has wonderful information to share about the country and many things for us to look at that she brought back. Following the presentation we will be sharing a potluck lunch of dishes made with ingredients native to China. Start your research now so you will have just the right recipe to bring and share. Here's what you need to know:

- Program will begin at 10:30 am.
- Lunch to begin immediately after the program.
- **Last day to sign up is May 18, 2017.** Please be diligent in calling to sign up so I know how many plates, cups, etc to have for the event.
- Curious what you might bring to a potluck centered on Chinese cooking? Here are some suggestions. Not quite as exotic as you might think!

Ingredients found in Chinese Cooking

Vegetables

Rice, garlic, green onions, bok choy, eggplant, Chinese (napa) cabbage, broccoli, bean sprouts, snow peas, tofu

Meats

Chicken, Pork, Beef,

Spices

Soy sauce, ginger, hoisin sauce, rice vinegar, sesame oil, five-spice powder

Other

Spring roll wrappers, egg noodles

- Have fun searching for recipes and don't hesitate to call the office if you are having trouble finding just the right one. Looking forward to lunching and learning with you!
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Pennyrile Homemakers Hit the Road

Mark your calendars now and save the dates of July 19 and July 20, 2017 to join me and the other Pennyrile Area Agents and Homemakers on an overnight trip to Frankfort Kentucky. We have a jam packed two days of tours, food and fun planned.

Here's the scoop: (please note I am trying to explain this as uncomplicatedly as I can) (that being said, please call me if you have questions).

For the first 32 Lyon County Homemakers who sign up to attend the trip I will be providing transportation. I had a small pot of funding still available to pay for that many people to go with no transportation costs. That does not mean others can't go, you will just be responsible for your own transportation. You will be able to follow the bus and do everything else with the group. Because there has to be a limit with the bus, we will have trip sign up day on May 5, 2017 beginning at 8:15 in the morning. To be fair to everyone, you must be in line to pay for yourself only. When the 32 spots are gone, others again, are still able to come with the group, but will have to provide their own transportation. Clear as mud? Now let's talk hotel rooms.

This is an overnight trip. We will be staying at the Hampton Inn in Frankfort KY. Because we are going as multiple counties with multiple Homemakers, we have decided to let each person/group attending the trip to book their own rooms (again, if this seems confusing just call me, we will work it out). Here are the prices:

Single person in a room \$127.83 each
Two people in a room \$63.92 each
Three people in a room \$42.61 each
Four people in a room \$31.96 each

So how does this work? Let's say four people Sue, Sally, Sarah, and Sandy, all want to go on the trip and

room together. Sue is the group leader so she calls the hotel at 1-502-223-7600 and tells the person answering the phone that she needs to make a reservation under a group reservation for July 19, 2017. The hotel clerk will ask for the group name and Sue will say the **Pennyrile Area Homemakers from the University of Kentucky**. The hotel clerk will look up the group and say "let me get your information" and Sue gives them her name, address, and payment information. The hotel clerk will say your total will be \$127.83. Sue will get her room confirmation number. Then Sue will call Sally, Sarah, and Sandy and say "you each owe me \$31.96 for our room on the Pennyrile Area Homemaker trip." The three girls will pay Sue and your reservation process is complete. The same process will be used if you want to stay 1, 2, 3, or 4 to a room. Please make note that only Sue called to make the reservation. If Sue, Sally, Sarah, and Sandy all called then they would have four rooms and would each be paying \$127.83. Still clear as mud? There's more.....

The actual cost of the trip for Lyon County Homemakers (and let me stress Lyon County only because I am providing transportation for the first 32) is \$11. That will cover all the tours we will be taking.

Some feedback from other Homemaker trips that we took to heart was about having predetermined food options. Because some people only eat a little and others want more, it can be difficult to make everyone happy when scheduling eateries. For that reason, we are only eating at local restaurants that allow you to choose what you want off the menu even though we will have a large group. The downside to this is everything will have to be cooked when ordered which will make eating times longer. Please be prepared to wait and be patient when we are at the restaurants. So let's recap,

- Cost of the trip for Lyon County Homemakers-\$11.00 payable to Lyon County Homemakers on the day you sign up for the trip
- Cost of Hotel is determined by you and the number of people traveling in your group. Talk to your friends and see who wants to go. This really will be fun! Plan to make a group outing.
- Meals will be paid on your own as you want to order.

- Sign-up day for the 32 free transportation slots is May 5, 2017 at 8:15.

Full Itinerary will be given when you sign-up for the trip.

Seasonal Allergies

Source: Nicole Peritore, senior extension specialist

Spring is a time for renewal, but if you suffer from seasonal allergies the renewal can make this time of year miserable.

Hay fever, also called allergic rhinitis, starts with cold-like symptoms. Unlike a cold that goes away in seven to 10 days, an allergic reaction tends to linger until its source is identified and treated or no longer present. One of the most common causes of allergies during the spring is high pollen counts. Depending upon the type of pollen you are allergic to, this could happen at various points in the season. Different types of pollen peak at different times.

To reduce your exposure to pollen, monitor local pollen counts and take necessary precautions when the type of pollen you are allergic to is high. Precautions can include such things as starting to take allergy medicines or closing the windows in your home at night, as well as the following:

- Stay inside on dry, windy days.
- Change your clothes and shower after being outside to remove pollen.
- Do not hang laundry outside.
- Avoid being outdoors in the morning, when pollen counts are the highest.
- Use air conditioning to cool your house or car.
- Vacuum your floors often.

Seasonal allergies can develop at any time during your life and are not necessarily something you are born with. Sometimes signs of allergies aren't straightforward, as it can be hard to distinguish an allergy from the common cold. This is especially true with children. If you or your child has cold symptoms that last more than a week or seem to occur at the same time every year, you may want to talk with

your health care provider about it. Only a certified health care provider can truly diagnose allergies and prescribe treatments.

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Sincerely,



Angie York County Extension Agent for Family & Consumer Sciences

Calendar of Events

Sewing Machine Protocol

Because of high demand on Extension owned sewing machines, you will now have to call ahead when needing to borrow a machine for a quilting or sewing class or during quilt club. The office only has a few machines and it has come to my attention there have been some issues recently when those have needed to be borrowed. If you don't have a machine or cannot transport your machine, please call the office at 270-388-2341 and let staff support know the date and class for which you will be needing to use ours. We will log those calls first come first serve. I apologize for any inconvenience this may cause and I will continue to purchase more machines for us to use when possible.

Paper Crafters

Date: May 8, 2017 (5:00pm)

Class size: unlimited

Cost: Free

Supplies: Supplies will be provided.

Last Day to Sign Up: May 5, 2017

Don't miss out on our monthly paper craft project. You just never know what we might get into, but I can guarantee it will be cute. Join us the second Monday night of every month!

Beef, It's What's for Dinner

Date: May 15, 2017 (1:00pm)

Class size: unlimited

Cost: Free

Supplies: Supplies will be provided.

Last Day to Sign Up: May 12, 2017



The age old question, is beef good for you? Join us as we debunk myths about beef and learn more about the different cuts that are available in the grocery store. What fun would a cooking class be if we didn't try a recipe or two so make sure to sign-up and learn all about beef!

International Lunch and Learn (China)

Date: May 19, 2017 (10:30 am)

Class size: unlimited

Cost: Free

Supplies: Please bring a potluck dish to share.

Last Day to Sign Up: May 18, 2017

Please see the newsletter for all details.

Keys to Embracing Aging Research Project

Class #2 Eating Smart and Healthy

Date: May 23, 2017 (4:15pm)

Class size: unlimited

Cost: Free

Supplies: Supplies will be provided.

Last Day to Sign Up: May 22, 2017

Part two of the 12 month series, Keys to Embracing Aging, will cover eating smart and healthy. **You do**

not have to be present at all 12 classes for your information to be counted in the research study.

This is a change from the original information sent out by the research team. Please feel free to come to as many of the classes as possible and have your input in this national research project being conducted right here in Lyon County. The dates for all 12 classes are listed below.

May 23, 2017	October 24, 2017
June 27, 2017	November 17, 2017
July 25, 2017	December 15, 2017
August 22, 2017	January 23, 2018
September 26, 2017	February 27, 2018
	March 27, 2018

The classes will meet from 4:15 until 5:45 each month at the Lyon County Extension Office. Light refreshments will be provided each meeting. There will be incentives given to the first 10 people to arrive for class.

Leader Lesson: Spa Day

Date: May 30, 2017 (1:30pm)
Class size: unlimited
Cost: Free
Supplies: Supplies will be provided.
Last Day to Sign Up: May 26, 2017

The word “spa” conjures up images of long days filled with mud baths, meditation classes, facials, and body treatments. Spas seem to be everywhere: office buildings, malls, store fronts but they can often be expensive. With tips and tricks from our “Spa Day” lesson we can experience a lot of the same body, mind, and spirit renewal, all at home.

Diabetes Awareness Day at Food Giant

Date: June 1, 2017 (10:00 am to 1:00pm)

Mark your calendars to stop by Food Giant and grab a carb friendly taste test as well as information on how to lower your blood sugar levels. Diabetes educators will be on hand to help with any questions you may have.

Paper Crafters

Date: June 12, 2017 (5:00pm)
Class size: unlimited
Cost: Free
Supplies: Supplies will be provided.
Last Day to Sign Up: June 9, 2017

This will be our last paper crafters for the summer. We will resume our regular classes in September. Enjoy your July and August for all those fun summer time activities.

County Annual Day

Date: June 22, 2017 (10:00am)
Class size: unlimited
Cost: \$1.00
Last Day to Sign Up: June 16, 2017

Preservation Workshop: Pressure Canning

Date: June 29, 2017 (10:00am-2:00pm)
Class size: 10
Cost: Free
Supplies: Supplies will be provided.
Last Day to Sign Up: June 23, 2017

This will be the first in a series of three preservation classes. Learn all about the difference in pressure canning versus water bath canning as well as getting in some hands on experience with canning green beans.

