



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

LYON COUNTY HOMEMAKERS

JULY
2025

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Hello Homemakers,

I am happy to say I was able to squeeze in all my vacation days without losing any. Thank you for your patience and understanding while I took much needed time away from the office. Unfortunately, as soon as I got back to work, my mother-in-law's health declined rapidly and we lost her on July 2nd. I don't say that for sympathy, but as a conversation starter for some very hard conversations that you may need to have with your spouse and children. Do you have a will? Is there money set back for funeral expenses so the responsibility doesn't fall on your family after you are gone? Have you talked about who is getting the dishes or the tools in the garage? While having that talk with your family is hard, trust me, having it now is much easier while you are still here to navigate the questions. Please reach out if you need information on any of those important topics. We have publications that can help.

I so often hear that comment that you don't read to the end of the newsletter, but please, just this once, take the time to read all the way to the end. There are some big changes coming to how we will gather your volunteer hours this year. We have to become more accurate, consistent, and thorough with data collection. The best part.....Stacy is going to take over all the calculating, you just need to get her your information monthly. Make sure to read all the details below. Stay cool and hydrated over the next few weeks!

-Angie

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Lyon County Homemakers

COUNTY ANNUAL DAY

August 5, 2025 10:30 AM

Lyon County Extension Office Meeting Room

Cost: \$12.00

Must prepay to attend.

The final day to sign up is July 29, 2025.

No late sign-ups will be accepted.

This celebration
is for both Club
and Members
at Large.

Time to connect
with
Homemakers
from other
groups.



COME AND COLLECT

Cooperative
Extension Service

Pearls of Wisdom

All Pennyrile Area FOR YOUR KEHA TREASURE BOX!
Homemakers are
welcome/encouraged
to attend!

10 a.m. to 2 p.m. ~ Aug. 21
Christian County Extension Office

- *Games
- *Hands-On
Activities
- *Door Prizes

Call or visit your local Extension Office
to pay the registration fee and hold your
spot!

- *Leadership
- *Emotional
Intelligence
- *Roberts Rules
Refresh

Lunch will be
provided with
registration fee
of \$20!



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Lexington, KY 40506



Save the Date: Area Cultural Arts Judging for next year will be on March 27, 2026. Time to start sewing and crafting! Lyon County Homemakers | page 02

Crafting With Christy



Classes will resume in September.
1:00 PM Cost: \$10



THIS MONTH WILL BE A UFO CLASS AND A SURPRISE SURFACE.
MUST PAY CLASS FEE TO BE ADDED TO THE REGISTRATION LIST.



QUILTY PLEASURES QUILT RETREAT
OCTOBER 2-3, 2025
LYON COUNTY EXTENSION OFFICE

Note on classes: If you sign up for a class but realize you can't attend, please call the office to let us know ASAP. Often we have people on a waiting list who would love to have your spot. Additionally, if you can't come, don't call a friend or neighbor and ask them if they want your spot, because again, we often have people already on a waiting list.



CREATE YOUR OWN QUILTED JACKET

August 14th and 15th 2025
9 AM to 3 PM
Bring a sack lunch
Must call to register.
Spots are limited.

Supply list will be provided when you sign up.

Senior Citizen's Nutrition Class



JOIN ME JULY 15, 2025 AT THE LYON COUNTY SENIOR CITIZEN'S FOR THE MONTHLY NUTRITION LESSON. WE PLAY GAMES, TASTE TEST RECIPES, AND GAIN VALUABLE KNOWLEDGE ALONG THE WAY. NO NEED TO SIGN-UP, JUST COME BY AT 10:30.

USE IT UP! What to do with all the corn and tomatoes.



August 7, 2025
6:00 PM

Lyon County Extension Office

Must call to reserve your spot.
Spaces are limited.

Are you out of ideas for what to do with all the fresh corn and tomatoes from your garden or the Farmer's Market? Join me for some deliciously out of the box ideas on using up those summer staples.

Give this recipe a try
and e-mail or text
your pictures to Angie.
Each participants
name will be added for
a drawing. Can't wait
to see your food pics!



INGREDIENTS:

- ¼ cup light mayonnaise
- 2 tablespoons vinegar
- ¼ cup sugar
- 1½ teaspoons garlic powder
- 1½ teaspoons onion powder
- 1½ teaspoons chili powder
- 3½ cups coleslaw salad mix
- ¼ cup canned crushed pineapple in 100% juice, drained
- 1 cup fresh chopped baby spinach
- 3 cups diced cooked chicken
- 6 8-inch whole-wheat tortillas

Nutrition Facts

6 servings per container	
Serving size	1 Wrap (186g)
Amount per serving	
Calories	300
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 490mg	21%
Total Carbohydrate 35g	13%
Dietary Fiber 1g	4%
Total Sugars 9g	
Includes 6g Added Sugars	10%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 37mg	2%
Iron 1mg	6%
Potassium 177mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

DIRECTIONS:

- In a large mixing bowl, whisk mayonnaise, vinegar, sugar, garlic powder, onion powder and chili powder for the dressing. Mix well.
- Add coleslaw mix, pineapple, spinach and chicken to the bowl. Mix well. Serve immediately or cover and refrigerate.
- For each wrap, place ¾ cup filling on the bottom half of the tortilla and roll in the form of a burrito. Place seam side down. Cut diagonally. Serve immediately.

NOTE: Filling may be made up to one day in advance. Assemble wraps when ready to serve.



MENU IDEA

Crunchy Hawaiian Chicken Wraps
Grapes
Cheese wedges
Water

COST

\$8.53 per recipe
\$1.42 per serving

Source: United States Department of Agriculture, What's Cooking USDA Mixing Bowl, March 2015. www.usda.gov/whatscooking

Volunteer Hours-Please Read

We have finished collection of volunteer hours and I feel the need to express some concerns about the process. Volunteer hours are expected of us by state KEHA. We do this because collectively across the state of Kentucky, the impact shown from these reports is nothing short of amazing. The work you do in your counties is remarkable and you should be commended for it. That being said, every year there are several mistakes we see repeatedly. I have tried my best to help everyone understand what constitutes a volunteer hour. I try to be as detailed as possible in the descriptions. But now, I have to ask you to start taking some of the responsibility of making sure what we are reporting is accurate and appropriate. The new volunteer year started on July 1, so now is the time to start collecting your data for next year. Here are some things to remember that will make this process much easier for all of us:

*-First, from now on, volunteer logs should be turned in monthly to Stacy. Toward the end of the month when you are at your club meeting or in town, stop by with your data. Stacy will then confirm that all items listed are acceptable volunteer hours and that they are listed in the correct column. After everything is confirmed, she will add all your data to a spreadsheet. This will allow us to collect accurate data each month rather than finding out in June when the hours roll in that many of them had not be recorded correctly. When you drop off your log each month, another one will be handed to you for the next month. The only three columns you need to complete are the date of your volunteer service, the description of what you did, and the number of hours spent on that task. Stacy will complete the rest of the chart for you. You should all be jumping for joy!! Your role in collecting this information just got so much easier! Please see the volunteer log on the next page with a detailed description of what you need to complete.

*-Please be mindful of your attitude and tone when working with staff support to drop off volunteer hours or in any interaction with the front office staff. They are here to help, and may need to ask me before they have an answer. Please be patient with them.

*-Consistently there are items included on your volunteer logs that aren't actually volunteer time. here are a couple that we see often.

1. You married your spouse for better or worse. Taking them to appointments, feeding them, nursing them is all on you. Those can't be counted as volunteer hours.
2. If you come to the office and take a class, that is not volunteering. That is you learning a new skill or gaining new knowledge, but it doesn't count as volunteer time. Here is an example that might help. If you attended the Biscuits and Gravy class to learn how to make some breakfast staples, that is NOT volunteer time. That is you learning a new skill. If you help your church make biscuits and gravy to feed 30 people at a local homeless shelter, that is volunteering your time.

*-Please only document your hours in whole or half hours. We love attention to detail, but submitting 0.333 of an hour does not work with the computer system or the reporting worksheets. Please only round up or down to a .5 or to a whole number, but no decimals or odd fractions.

*-At any time we can be audited for the reporting of your volunteer hours. If you turn in volunteer logs that just have a total number for July, August, etc with no explanations as to where you were volunteering, we could be called on the carpet if we were ever audited. I understand these forms seem cumbersome, but getting yourself in a routine of marking your hours everyday, once a week, or on a time schedule will make this task easier and leave us less likely to find ourselves in trouble with the state organization.

Thank you for being willing to do your part to make sure our reporting is above reproach. I appreciate all you do for this community and beyond!

Each time you volunteer must have it's own date and description.

Description for each time you volunteer. These can't be lumped in months.

Total volunteer hours for one entry here.

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.

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