



June 2024 FCS Newsletter

VOL. 2024-06

Cooperative Extension Service

Wayne County
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"June is the gateway to summer." - Jean Hersey

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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Disabilities
accommodated
with prior notification.



Nutrition Notes.....

(Alta) Gaye Hutchison,
NEP Assistant
(Nutrition Education Program)

May 2024
Nutrition
Education
Program
Calendar Recipe

Fruited Coleslaw



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Nutrition facts per serving:
100 calories; 3.5g total fat; 0.5g saturated fat; 0g trans fat; 0mg cholesterol; 40mg sodium; 16g total carbohydrate; 2g dietary fiber; 14g total sugars; 1g added sugars; 1g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source:
Adapted from Iowa State University Extension

Makes 6 servings
Serving size: 1/2 cup
Cost per recipe: \$1.57
Cost per serving: \$0.26

- 2 tablespoons mayonnaise
 - 1/2 teaspoon apple cider vinegar (or any type of vinegar)
 - 2 teaspoons sugar
 - 3 tablespoons crushed pineapple canned in 100% juice, including juice
 - 2 cups shredded or finely chopped cabbage
 - 1/2 cup chopped apples (or fruit of choice: orange, mandarin oranges, pear)
 - 1/2 cup raisins or dried cranberries
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
 3. Combine mayonnaise, vinegar, sugar, and pineapple in a small bowl. Stir to mix well.
 4. In another bowl, combine cabbage and other fruit.
 5. Pour dressing over cabbage and fruit. Stir to mix.
 6. Serve right away.
 7. Refrigerate leftovers within 2 hours.

Roasted Veggie Potatoes



Simple. Yummy. Filling. What more could you ask for? Try this recipe for roasted veggie potatoes and soon you'll be roasting all types of vegetables.

Ingredients:

- Cooking Spray
- 3 medium potatoes, washed and cubed
- 1 bell pepper, chopped
- 1 onion, chopped,
- 1/2 cup, fresh green beans
- 3 teaspoons vegetable oil
- 1 teaspoon dried rosemary
- 1/2 teaspoon salt



Yield:

Servings: 8,

Serving Size: 1/2 cup

Recipe Cost: \$5.12

Cost per serving: \$0.64

Directions:

1. Preheat the oven to 450 degrees F.
2. Coat a baking sheet with cooking spray.
3. Place potatoes, bell pepper, onion and green beans in a large bowl.
4. Put the oil, rosemary, and salt in a small bowl. Stir together.
5. Pour the oil mixture over the vegetables. Stir to coat evenly.
6. Spread the vegetables on the baking sheet.
7. Bake 25 to 30 minutes or until vegetables are tender. Turn and check for desired browning after 10 minutes.

Nutrition facts per serving: 90 calories; 2g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 150mg sodium; 16g carbohydrate; 2g fiber; 2g sugar; 2g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 8% Daily Value of potassium

Source: Jackie Walters, Senior Extension Specialist, University of Kentucky Cooperative Extension



Extension Homemaker Club Meetings

Country Charmers - June 13th @ 5:30 p.m. - Black Stallion Restaurant

Sunnybrook - No Meetings in June, July, & August

Crafter's Anonymous - June 12th @ 1:30 p.m. - Downstairs Meeting Room

Odds 'N Ends - No Meetings in June, July, & August

Pots & Pans - No Meetings in June, July, & August

Charity - No Meetings in June, July, & August

Creative Characters - June 18th @ 12:30 p.m. - Downstairs Meeting Room

Happy Chippers - June 20th @ 12:30 p.m. - Downstairs Meeting Room

Mudslingers - June 24th - Assigned Appointments Only-Contact Seth Hart

Mudslingers - June 25th @ 12:30 p.m. - Downstairs Meeting Room

Reminder: PLEASE turn in your monthly reports!



Roll Call and Thought of the Day for KEHA Monthly Club Meetings June 2024



Thought for the Day: "A father is the one friend upon whom we can always rely." ~ Emile Gaboriau

Roll Call: In June, we celebrate fathers. Share a favorite memory with your father.

Blood Drive!

Tuesday, June 25, 2024

Aspire Center

Odds 'N Ends ~ 12:30-3:00 p.m.

Crafter's Anonymous ~ 3:00-5:30 p.m.



Thank you, Wayne County Community

for the 23 volunteer donors who gave blood on April 23rd and helped save a life!

UPCOMING EVENTS

Wayne County Extension Homemakers! Dates to Book in Your Calendar

JUNE 2024

- June 6 - County Homemaker Meeting @ 6:00 p.m. - Downstairs Meeting Room
- June 19 - Juneteenth Holiday - Extension Office Closed
- June 26 - In-Stitches Quilt Class @ 10:00 a.m. - Downstairs Meeting Room
- June 27 - Planning Meeting - WC Animal Control Benefit @ 5:30 p.m. - Board Room
- June 30 - Homemaker Membership Incentive Ends

JULY 2024

- July 1 - Wayne County EXPO Entry Day
- July 2-4 - EXPO Viewing Days
- July 5 - EXPO Pickup Day
- July 9 - Organizational Meeting for Ovarian Cancer Awareness Fundraiser @ 1:00 p.m. - Small Upstairs Meeting room
- July 19 - Sourdough Bread Class @ 12 noon - Downstairs Meeting Room
- July 22 - Basic Fabric Tote Bag Class @ 10:00 a.m. - Downstairs Meeting Room
- July 30 - Homemaker Officer Training

AUGUST 2024

- August 8 - Beginning Pie Dough Class @ 5:00 p.m. - Upstairs Meeting Room

HOMEMAKER LEADER LESSONS - 5:30 P.M. - Downstairs Meeting Room

- August 27 - Composition in Photography
- September 24 - Self-Care & Self-Pampering
- October 10 - Healthy Eating Around the World
- November 26 - County Choice
- December 24 - County Choice
- January 28 - How to Get Out of Mealtime Rut
- February 25 - People Learn with Purpose: Understanding Learning Styles
- March 25 - Indoor Air Quality
- April 22 - Gardening Safety
- May 27 - Using Your Air Fryer



**Crafter's Anonymous Homemaker
Club Meeting**

June 12, 2024 @ 1:30 p.m.

Downstairs Meeting Room

**The club will be making a cute salt
shaker flower arrangement.**

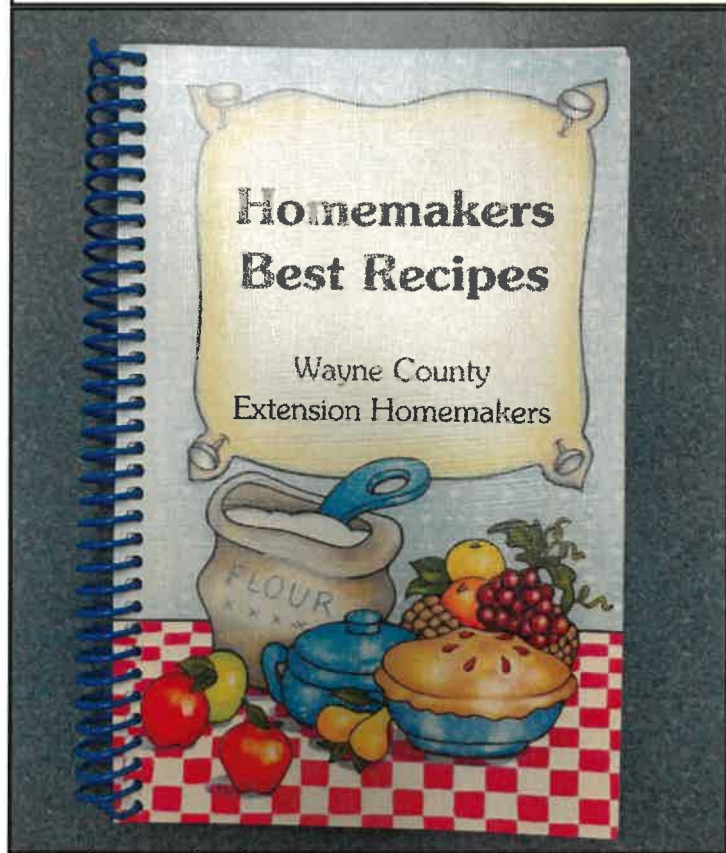
Fun & Easy!

More embellishments can be added.

Class Limit - 20 People

Homemakers Best Recipes Cookbooks

Cookbooks are now available for sale at the Extension Office. Cost is \$15.00. An Extension Homemaker member can check out 5 cookbooks to sell. Within 3 weeks after signing out 5 cookbooks, you will need to turn in the receipts, money, and any cookbooks that didn't sell.



In-Stitches Quilt Class ~ Sit & Sew

Reminder: Date Change!

Wednesday, June 26, 2024 @ 10:00 a.m.

Downstairs Meeting Room

Time to wrap up the 2023-2024 program year. We will have a Sit & Sew for our June meeting. Gather up all those unfinished projects and join us for a day of fun and accomplishments!

July 17th @ 10:00 a.m.

We will start our new program year with the basics of CURVED piecing.

Extension Homemaker Club Membership Drive for 2024-2025 Program Year

Time to GEAR UP for a new program year.

- **Membership drive begins May 1st.**
- **Our NEW program year begins July 1st.**
- **Membership dues are \$10 per year.**
- **Membership forms with PAID dues are due to the Extension Office by June 30th.**
- **Everyone who has their paid dues and membership form turned in by June 30th will receive a special incentive.**
- **Anyone who recruits a NEW member will receive an additional special membership recruitment incentive. Their NEW member will also receive it.**
- **Please stop by the Extension Office to pick up a membership form.**
- **We have Membership Gift Certificates available if you'd like to support a new Homemaker by paying their dues.**



EXPO catalogs are available at the Extension Office.

Entry Day

- **July 1st - 8:30 a.m.-1:00 p.m.**

Viewing Days

- **July 2nd & 3rd - 8:00 a.m.-7:00 p.m.**
- **July 4 - 10:00 a.m.-2:00 p.m.**

Pickup Day

- **July 5, 2024 - 8:00 a.m.-12 noon**

We would like ALL Wayne County Homemakers to attend!



Cooperative
Extension Service



YOUR VOTE COUNTS.

COUNTY HOMEMAKER MEETING
THURSDAY, JUNE 6, 2024 @ 6:00 P.M.
DOWNSTAIRS MEETING ROOM

*All Wayne County Extension Homemakers
are invited to attend!*

*The main purpose of this meeting is to
VOTE for our County Officers.*

*Please register by calling 606-348-8453.
Light refreshments will be served.*



An Equal Opportunity Organization

ALL CLUB & COUNTY OFFICERS
++ **REQUIRED TRAINING** ++

OFFICER

July 30, 2024

5:30 p.m.

TRAINING

Our new Lake Cumberland Area Extension Homemaker President will be here to do our training. Officers will be receiving a letter soon. We need your feedback (topics you want her to cover, and specific questions you have as an officer for her to answer). Please register to attend by July 23rd.



++ **Downstairs Meeting Room** ++



Seth Hart

Program Assistant
for Community Arts

Owl Ornaments

SCULPTING

MEDIUM: CLAY

ITEM: ORNAMENT/WALL HANGING

METHOD: SLAB

THEME: OWLS



IF COMPLETED BY 4-H STUDENTS

~ 4-H HOME ENVIRONMENT ~

UNIT II EXHIBITS

893 DECORATIVE ITEM FOR THE HOME & PHOTO

DECORATIVE ITEM CREATED BY THE MEMBER AS A 4-H HOME ENVIRONMENT
PROJECT. INCLUDE A PHOTO SHOWING HOW THE ITEM FITS INTO THE
HOME'S DECOR.

Instructed & Provided by

Seth Hart
Program Assistant for Community Arts
Wayne County Cooperative Extension Office
255 Rolling Hills Blvd.
Monticello, KY 42633
606-348-8453
seth.hart@uky.edu



CLAY OPTIONS

SELF HARDENING

SUPPLIER: HOBBY LOBBY AMACO AIR DRY 10 LB - \$10.00

FIRING (KILN ACCESS REQUIRED)

SUPPLIER: HOBBY LOBBY AMACO MOIST POTTERY CLAY X-15 25 LB - \$25.00

MARKER LID

STIRRER STRAW

DISPOSABLE CUP

YARN, STRING OR RIBBON

STEEL WOOL

TOOTH PICK

BLOW DRYER

GLAZES (FOR FIRING CLAY ONLY)

ACRYLIC PAINT (FOR SELF HARDENING CLAY)

INSTRUCTIONS ON NEXT PAGE

~ ALSO FEATURED ON YOUTUBE ~

CHANNEL: WAYNE COUNTY COOPERATIVE EXTENSION SERVICE

PLAYLIST: FINE ARTS

VIDEO: SCULPTING - WALL HANGINGS, ORNAMENTS, OWLS



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Seth Hart

Program Assistant
for Community Arts

Owl Ornaments



Construction

- Roll out a ball of clay and press it into a flat 3 inch wide slab (no less than 1/4 inches thick).
- Place the rim of a plastic cup facedown onto the clay slab. Cut around it, using a tooth pick.
- With a marker lid tip, create the effect of feathers by pressing half of it into the clay slab (lines should be curved/think "U" lines).
- Fold in the left and right edges until those edges touch. Also fold the top edge, overlapping the other two edges.
- To create eyes, press the in a full circle with the marker lid tip. To create pupils, press in smaller circles using a stirrer straw.
- With a toothpick, draw a "V" shaped beak.
- Create hole in the top, using a stirrer straw.

Final Touches: Self Hardening Clay

- If using self hardening clay, allow 24 to 48 hours for clay to dry (have a blow dryer on hand for faster drying time if needed).
- Using steel wool, sand it off before painting.
- Apply acrylic paints.
- Add twine of your choice for hanging and display.

Final Touches: Firing Clay

- If using firing clay, allow 5 to 7 days for clay to dry.
- Using steel wool, sand it off before firing.
- Fire to bisque (cone 06).
- Either paint or glaze after firing. If glazing, fire once more to (cone 06) or mid range (cone 5-7).





Joy McGinnis

FCS Program Assistant



Take Safety Seriously This Summer

By Stephanie Ramsey (June 27, 2023)

June is National Safety Month. While safety matters every day, during June it gets the extra recognition it deserves. To observe National Safety Month, the Kentucky Injury Prevention and Research Center (KIPRC), housed in the University of Kentucky College of Public Health, compiled these tips from its research and prevention efforts to help keep you safe at home, on vacation and anywhere else this summer. The warm, long days of summer are the perfect time to be outside. But summertime adventures come with risks, whether you're spending your summer by the water, at the playground, or setting off fireworks at your festivities. Knowing how to stay safe is vital for everyone.

Water Safety:

Being in the water is a great way to cool down in the summer. However, safety precautions are imperative for everyone's wellbeing. Remember, drowning can happen in a matter of seconds. From 2016 through 2021, there were 543 emergency department (ED) visits by Kentucky residents for unintentional drowning injuries. Most were kids under the age of 5. Before you take a dip in the water or go out on a boat with your loved ones, review these water safety tips:

- Learn how to be safe around water by taking water safety, rescue, and swimming lessons.
- Lock and fence off swimming pools and ponds completely.
- Use life jackets in and around lakes, ponds, rivers, and other water bodies. Choose the right life jacket for the activities you will be doing. Double check to make sure the life jackets are U.S. Coast Guard approved and fit correctly.
- Never leave kids alone and unsupervised when around water.
- Check the weather and water conditions before you go.

For more KSPAN prevention briefs, visit the KSPAN website.

Fireworks Safety:

Many celebrate the Fourth of July with barbecues and fireworks. Fireworks may be a fun spectacle but setting them off yourself is risky. In 2020, there were 18 deaths and over 15,000 injuries related to fireworks nationally, according to the Consumer Product Safety Commission.

Follow these tips for a safe celebration:

- Never let kids use fireworks (including sparklers, which are dangerous if someone is poked with one).
- Keep a bucket of water or a garden hose handy to extinguish any unexpected fires.
- If a firework fuse burns down but the firework doesn't detonate, leave it alone for at least 10 minutes and then put it in water.
- Never point a firework at another person, animal, or property.
- Have a designated adult shooter for fireworks, as alcohol and fireworks don't mix.
- Obey all local laws.

For more firework safety tips visit the KIPRC website.

Playground Safety:

Playgrounds are a great way to let kids let off some steam and get exercise in the summertime. But youths aged 17 and younger are at particular risk for falls on playgrounds. Kentucky youth averaged 2,069 visits to an emergency department due to playground falls annually from 2016–2021. Keeping track of kids on the playground can be difficult. Use the following checklist to keep your children protected:

- Does the surface surrounding the playground equipment have at least a foot of materials (mulch, sand, wood chips, etc.) to protect against injuries from falls?
- Make sure the protective surfaces you just checked off the list extend at least 6 feet in all directions from the playground equipment.
- Look for protruding fasteners (bolts), sharp points and edges, and other hardware that can pose dangers to kids.
- Look for tripping hazards. These can include raised surfaces, exposed concrete footings, rocks and tree roots.
- Make sure all elevated surfaces have guardrails to help prevent falls and injuries.
- Regularly check playground equipment and surfaces.
- Supervise your kids when they are on the playground.
- Teach kids to safely and properly use playground equipment. Regularly check playground equipment and surfaces.
- Supervise your kids when they are on the playground.
- Teach kids to safely and properly use playground equipment.

<https://franklin.ca.uky.edu/take-safety-seriously-summer>

**BENEFIT FOR WAYNE COUNTY
ANIMAL CONTROL**

**PLANNING COMMITTEE MEETING
FOR ALL ANIMAL LOVERS!
THURSDAY, JUNE 27, 2024**

5:30 P.M.

WAYNE COUNTY EXTENSION OFFICE

ADOPT
ME



**Proceeds from benefit will go to
the Wayne County Animal Control.
Call 606-348-8453 to register.**

 Cooperative
Extension Service

**BASIC SOURDOUGH
STARTER
WORKSHOP**

**JULY 19TH @ 12PM EST
WAYNE COUNTY EXTENSION
OFFICE**

*RSVP by July 12th at
(606) 348-8453*

\$5 Registration Fee

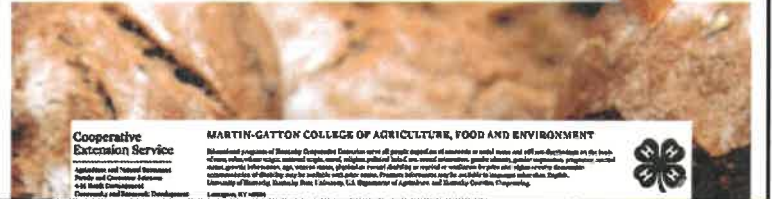
Learn about the basic
creation and maintenance of
sourdough starters, for bread
making with Megan Gullett,
Russell Co FCS Agent.

Each participant will receive a
sourdough starter.



255 Rolling Hills Blvd.
Monticello, KY 42633

www.wayne.ca.uky.edu



Cooperative
Extension Service
Operations and National Extension
Partnership Development
141 South Commonwealth
Lexington, KY 40508

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Detailed program of Kentucky Cooperative Extension services of agents appointed as of necessity in each county and off-county districts in the
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of any product or service. For more information, contact your local Extension agent or the National Extension Partnership Development
Department, University of Kentucky, Lexington, KY 40508.



**Ovarian Cancer Awareness Fundraiser
Organizational Meeting**

July 9th @ 1:00 p.m. ~ Small Upstairs Meeting Room

Opened to all Extension Homemakers (Club & Mailbox Members)

Would like 2 to 3 Homemakers from each Club to attend this meeting.

Please call 606-348-8453 to register for the meeting.



Beginning Pie Dough Class

Thursday, August 8, 2024 @ 5:00 p.m.

Upstairs Meeting Room

Cost ~ \$15.00 (Prepaid)

(\$5.00 Discount for Wayne County Extension Homemakers who have paid their dues for the 2024-2025 program year.)

Participants will receive a dough mat, rolling pin, and pastry/dough cutter.

Why Attend?

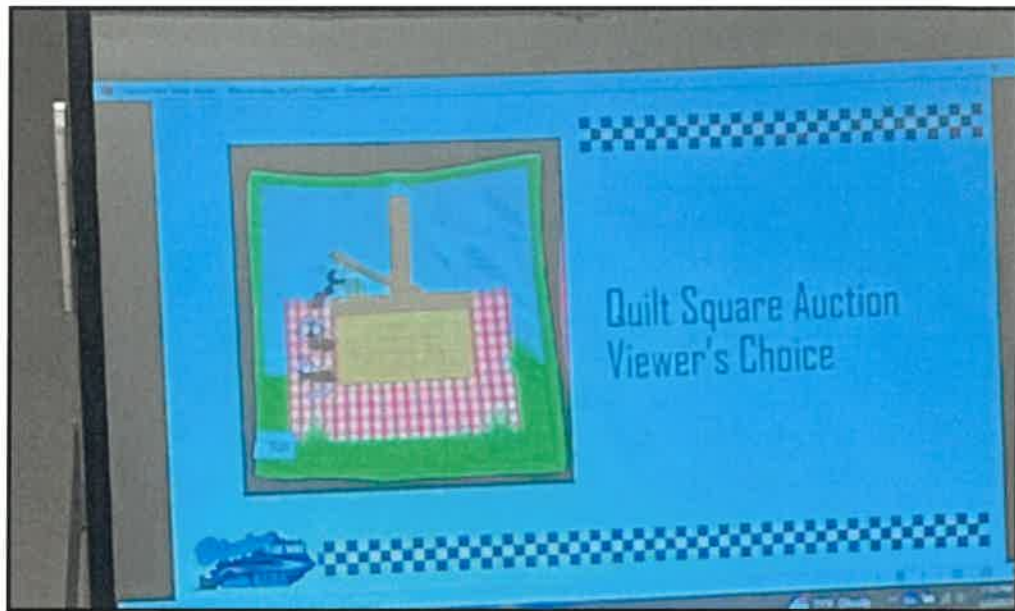
Cost Savings ~ Store bought pie dough can be expensive, especially when compared to homemade pie dough.

Skill Development ~ Gain practical skills to make your own pie dough from scratch with simple pantry supplies.

Personal Satisfaction ~ Learning a new skill is very gratifying and you can impress your family and friend with your new talents for making homemade pies!

**Registration & \$15.00 fee due to the Extension Office by
Monday, August 5, 2024.**

Congratulations



Margo Couch a member of Odds 'N Ends Extension Homemaker Club won the Viewers Choice award for her quilt block "Ants on a Picnic" at the state KEHA meeting in Bowling Green.



Polly Sartin
Odds 'N Ends
Homemaker Club



Beth Bryant
Odds 'N Ends
Homemaker Club



Karen Abner
Crafter's Anonymous
Homemaker Club



SURVEY

A survey for suggestions you would like us to take into account as we prepare for our 2024-2025 program year is enclosed. Kindly complete and return it back to the Extension Office by June 1st. Anyone who turns in their survey will be entered in for a special prize drawing.



Debbie Shepherd

Debbie Shepherd, CEA FCS
Wayne County Extension Agent
for Family & Consumer Sciences
debbie.shepherd@uky.edu
 DS/vm



We Grow
Families.
www.ca.uky.edu



Website:
wayne.ca.uky.edu



Wayne County Cooperative
Extension Family and
Consumer Sciences



Cooperative Extension Service

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 Lexington, KY 40506



COOPERATIVE EXTENSION



Please Fill Out & Return ~ Thank You! Please return by June 1st

Things I'd like to learn: _____

Community Service Projects I'd like to do: _____

Places I'd like to go: _____

Ideas for Fund Raisers: _____

Things I'd like for us to do for Fun & Fellowship: _____

Talents & Things I'm willing to teach & share: _____

Other things/ideas: _____

Days of the week that work best for me (circle all that apply):

Monday Tuesday Wednesday Thursday Friday Saturday

Times that work best for me (circle all that apply):

Mornings Afternoons Evenings Specific: _____

Anything else you'd like us to consider while planning our 2024-2025 program year?