



Newsletter

Cooperative Extension Service
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January 2024

Butler County Homemakers,

I hope you have had a great holiday season with your family. As we look forward to spring, our Extension Office staff and our Homemaker organization continue to work hard on activities and programs that benefit our community. I have enjoyed my first year working with the Homemaker organization and trying to provide some beneficial Family and Consumer Science programs. I have learned of the many things you do to support and improve our community. I commend your dedicated leadership team. I specifically want to thank Tammy Alford, your president, for her tireless work for the organization. This issue includes information on lots of ways you can be involved in your Homemaker organization and some of the opportunities Homemakers make possible. I encourage you to find ways to help. Extension Homemakers exist to develop it's members leadership and family skills, and to help our community be the best place it can be. As we begin 2024, plan to become more involved, offer your skills and energy to help your Homemaker organization, and lets continue to make Butler County the best community in Kentucky.

Greg Drake II
County Extension Agent
For Agriculture & Natural Resources,
Part-time Family & Consumer Sciences
Butler County



November

Jennifer Belcher
Ronald Daugherty
Elana Fahey
Anita Gossett
Dianne Kessinger
Telisa Phelps
Heather Tyree
Ann Wells

December

Tracy Cowles
Greg Drake II
Virginia Evans
Patty Glass

January

Teresa Childress
Kay Hampton
Helen Moore
Denishia Morris
Shelia Phelps
Margie Seiler

February

Joyce Cardwell
Regina Clark
Salena Coleman
Betty Daugherty
Rita Drake
Alice Forgy



Butler County Homemakers Cook for the Mission

The Butler County Homemakers work to help fill a need for the hungry in our community. Every other month, the Homemakers provide a pasta meal for 160 hungry Butler County people. "The Kitchen," here in Morgantown, prepares and distributes meals two times per week. They are currently feeding about 160 people each meal. Many of these meals are delivered to people who are shut in. The Morgantown MOGO bus is used to help deliver the meals.



Butler County Homemakers provided pasta meals for the less fortunate in 2023.

Did you know that you can help as a Homemaker? You can donate dry spaghetti, canned spaghetti sauce, large cans of green beans, or large aluminum pans and lids for use with the meals prepared. You can also come to the Extension Office and help prepare the meal. Once the food has been prepared, it is delivered



Little Muddy Rural Development Club donated a lot of pasta and sauce to assist the Homemakers.

to "The Kitchen" where other volunteers make plates for delivery or to be consumed on site.

If you are able to help cook the meals, be at the Extension Office at 11:00 a.m. on February 1st or April 4th. These are the next meal dates that the Homemakers will be cooking for. If you prefer to donate, you can drop off food or cash donations at the Extension Office any time.

2023 Butler County Homemaker Annual Meeting a Success

Butler County Homemakers met in September 2023 to celebrate accomplishments, plan for the future, and have a little fun. Attendees enjoyed a delicious meal followed by an acoustic performance from the Butler County 4-H Band. Members were updated on homemakers activities and plans for the organization's future. During the business meeting the by-laws were reviewed, a budget was approved, and officers were elected for the 2023-2024 year. Officers for the year are as follows:



President: Tammy Alford
Vice-President: Regina Clark

Secretary: Charlene Cook
Treasurer: Denishia Morris

Award winners were recognized. Charlene Cook was recognized as "Homemaker of the Year." Charlene currently serves as county secretary and as an area committee chair. Charlene also served as one of Butler County's voting delegates at the 2023 KY Homemaker State Meeting.



Avery Morris leading Homemakers in the "Homemaker Creed."

A silent action was held to raise money for the Homemaker Scholarship. This year's scholarship winner was Brady Jones.



Charlene Cook is the 2023 Homemaker of the Year.

The meeting concluded with Avery Morris leading the group in the Homemaker Creed.

Butler County Homemaker Scholarship for 2024

The Butler County Homemaker's Association awards up to two scholarships each year to a deserving Butler County high school and/or post-high school student. Scholarships are available to anyone seeking post-secondary education, provided they or their sponsor has been a Homemaker Member or a Homemaker Mailbox Member for at least one year and they are a relative of the Homemaker. This also includes a Homemaker who died in the current scholarship year.

Applications will be available through the high school guidance office and at the Extension Office on February 1st. Deadline for application submittal is April 1, 2024.



2024 KEHA Meeting in Bowling Green

Homemakers from across Kentucky will come to Bowling Green to the Sloan Convention Center on May 7-9, 2024 for the Kentucky Extension Homemakers Association Annual Meeting.



The program is not yet finalized, but homemakers will have the opportunity to attend educational sessions, see exhibits, network, and develop leadership skills right here at home.

Mammoth Cave Area Homemakers will be providing table decorations for the opening banquet, assisting the KEHA board distribute materials, serving as room hostesses, and helping meet and seat special guests.

If you would like to volunteer, contact Butler County President Tammy Alford or the Extension Office at 270-526-3767. Butler County has 2 voting delegates for the business meeting and all homemakers are encouraged to attend the conference.

As the event gets closer there will be additional details on the state homemaker website at: <https://keha.ca.uky.edu/>

2024 Butler County Leadership Development Training

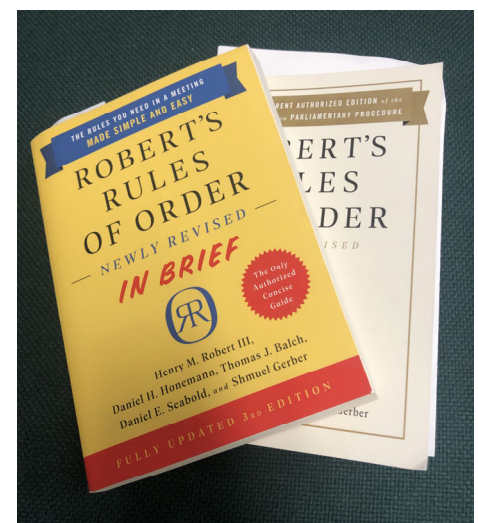
The 2024 Butler County Extension Leadership Development Workshop is being offered on Thursday, February 29, from 6:00 - 8:00 p.m. at the Extension Office. We will have a session on Parliamentary Procedure and a session on taking secretary minutes.

The Parliamentary Procedure training is always popular. We will practice handling motions and discuss how majority rules, but the rights of the minority must be respected.

Accurate minutes are important for any organization. What needs to be recorded? How detailed should they be? We will examine what Robert's Rules of Order say about the issue.

Any group must have strong leaders to be effective. Leaders are not born, they are developed.

There is no fee for the program and I sincerely hope you can participate. Leaders from across our community are being invited. Registration is not required, but if you think you will attend please let the Extension Office know at 270-526-3767 or e-mail me directly at gdrake@uky.edu.



Pecan Sale 2023

The Butler County Homemakers had a successful pecan sale in 2023. The proceeds from this fundraiser is how your Homemaker organization operates.



There are still a few bags of pecans available. We currently have pieces (16oz bags) and chocolate covered halves (12oz bags). Pecans are \$11/bag. Hurry, these will go quick! Call the Extension Office to reserve what you need for pickup.

Butler County Homemakers Lessons

We have many interesting lessons coming up for our 2023-2024 year. Your Homemaker lesson material will be emailed unless you have already contacted the Extension Office to being mailed a hard copy.

Remaining Homemaker Lessons

- January 2024: Focus on Fun: Pickle Ball
- February 2024: Radon
- March 2024: Time Well Spent - Organizing Tips for Increased Productivity
- April 2024: Green Cleaning
- May 2024: Day Trips
- June 2024: Travel the World Without Leaving Your Kitchen

Homemakers Are Online

Don't forget that you can find Homemaker and Extension information on our Facebook pages.

Sign into Facebook and search for Butler County Cooperative Extension Service and 'LIKE' us. You will be able to see a listing of Extension happenings, meeting reminders or cancellations, and general postings from the Butler County Extension Community. You can also search for the Butler County Homemakers Association page and like this page for Homemaker happenings.

Stay up to date with all Homemaker and Extension information!

UK Ovarian Cancer Screening Program

The chances of having breast cancer are about one in nine over a woman's lifetime. The chances of having ovarian cancer are about seven to eight times lower than that. Despite the lower risk, ovarian cancer **kills more women** than all other gynecologic malignancies combined.

The University of Kentucky offers FREE annual Ovarian Cancer Screening for women who 1) are over the age of 50 (including those who have no symptoms and no personal history of ovarian cancer), or 2) are over the age of 25 who have a family history of ovarian cancer.

Butler County Homemakers have secured appointment slots for May 8th. If you would like an appointment, call the Extension Office ASAP at 270-526-3767. We even provide the transportation! Homemakers will have first priority, but we'll open up these appointments to non-members soon!

FCS Friday at Extension Office

The "FCS Friday" program will be held on February 23th from 2-4 p.m. at the Extension Office.

Michelle Moore, BCES Nutrition Educator, will provide a demonstration preparing a recipe for you and your family.



Megan Treadway prepares a recipe at a past FCS Friday.

Staff from the Kentucky Cabinet for Health and Family Services will present information on Foster Care needs in Butler County. There is a lot of confusion about the foster care system in Kentucky. Attendees will be able to hear from two local professionals about the situation and what the needs are.

There will be homemade deserts and other refreshments for attendees to enjoy while they network. There is no charge to attend FCS Friday programs.

Butler County Homemakers Logo Search

The Butler County Homemakers are very involved with many local groups and activities in our community. We take pride in being a helpful organization in our community and are looking to become a more recognizable organization.

As such, we are in search of establishing a logo that would help identify our local Homemaker organization. Are you, or someone in your family, crafty with graphics? What picture comes to mind when you think about Butler County Homemakers and what we do? What are your thoughts about what could be used as a logo for the Butler County Homemaker's Association?



BE CREATIVE

Feel free to submit your ideas, or logo design possibilities, to the Butler County Extension Service. Ideas, designs, etc. will be presented at the next Butler County Homemaker Council Meeting so that we can move forward with establishing a logo to help make the Butler County Homemakers instantly recognizable throughout the community and state!

HEALTHY CHOICES FOR HEALTHY FAMILIES

SMART TIPS

Muscle strengthening activities and health

Aults should work the major muscle groups (legs, hips, back, chest, abdomen, shoulders, and arms) at least two times each week. This can involve lifting weights, using resistance bands, and doing pushups, pullups, situps, and some types of yoga. Movements such as carrying groceries, playing with your kids, and gardening can help build up muscles.

A great way to support strength building is with good nutrition. Eat foods that give you protein, carbohydrates, and fat. Be sure to get enough calories throughout the day.

Source: Adapted from <https://www.eatright.org/fitness/physical-activity/benefits-of-exercise/4-keys-to-strength-building-and-muscle-mass>

FOOD FACTS

Proteins

Protein foods are all foods made from seafood, meat, poultry, eggs, beans, peas, lentils, nuts, seeds, and soy products.

Eat a range of protein foods to keep your body healthy. Meat and poultry choices should be lean or low-fat. Choose items like 93% lean ground beef, pork loin, and skinless chicken breasts. Make seafood choices that are higher in healthy fatty acids (called omega-3s) and lower in methylmercury, such as salmon, anchovies, and trout.

Vegetarian protein choices are beans, peas, and lentils, nuts, seeds, and soy products.

How many protein foods should I eat a day?

The amount of protein foods you need depends on your age, sex, height, weight, and how active you are. The amount can also depend on whether you are pregnant or nursing.

Most Americans eat enough from the protein foods group but need to select



leaner kinds of meat and poultry. Choose meats less often and increase other choices of protein foods.

What counts as an ounce-equivalent of protein?

These amounts are one serving of protein:

- 1 ounce of meat, poultry, or fish
- 1/4 cup cooked beans
- 1 egg
- 1 tablespoon of peanut butter
- 1/2 ounce of nuts or seeds

Source: Adapted from USDA Choose MyPlate

PUBLIC NOTIFICATION

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One-pot Pasta With Fresh Tomato Sauce

12 ounces tri-colored pasta	1 teaspoon dried oregano	1 teaspoon dried basil, chopped or to top	4 garlic cloves, minced or 2 tablespoons garlic powder
8 medium tomatoes, diced**	2 cups low-sodium chicken broth	1 small yellow onion, sliced	1 teaspoon salt (optional)
2 cups low-sodium chicken broth	1 tablespoon fresh Parmesan cheese with stems removed	1 tablespoon fresh Parmesan cheese to top	6 ounces baby spinach
1 small yellow onion, sliced	1 teaspoon dried basil, chopped or to top	1 tablespoon fresh Parmesan cheese	
4 garlic cloves, minced or 2 tablespoons garlic powder	1 teaspoon dried basil, chopped or to top	1 tablespoon fresh Parmesan cheese	

Place all of the ingredients except the spinach, parmesan, and additional fresh basil in a large pot. **Cover** pot with lid and **bring** to boil over medium-high heat. **Reduce** heat to medium-low and let **simmer** for 6 minutes or until pasta is slightly al dente, **stir** occasionally. **Remove** from heat. **Stir** in spinach; **cover** and let stand 5 minutes. **Top** with parmesan cheese and basil just before serving.

**Substitute 2, 14-ounce cans low-sodium diced tomatoes when tomatoes are out of season.
Yield: 6, 1 ½ cup servings

Nutritional Analysis:

260 calories, 2g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 460mg sodium, 51g carbohydrate, 3g fiber, 12g protein, 0g added sugars,