

Newsletter

May 2024

Cooperative Extension Service
 Butler County
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Butler County Homemakers,

Springtime is upon us! Your Butler County Homemaker organization continues to be busy. In this issue you will find lots of activities that you and your family can participate in. Butler County homemakers are having lots of impact and this issue will show you some of that. Scholarships and donations are helping young people and the needy in our community. Read your spring newsletter and find a place that you can "plug in" and help through Butler County Homemakers. The biggest news that I have to share with you is that our board has started the process to hire a new Family and Consumer Science Agent. Tracy retired in the fall of 2022. We believe we might have a new agent here by the fall of 2024. This will be the first new county agent in Butler County since I started in 1997. Butler County is obviously a great place to work.



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



March
 Suzanne Brosnan
 Becky Hankins

May
 Tammy Alford
 Rita Justice
 Barbara Sullivan

June
 Emma Cook
 Jennifer Piper

Cooperative Extension Service

Agriculture and Natural Resources
 Family and Consumer Sciences
 4-H Youth Development
 Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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 University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
 Lexington, KY 40506



FCS Friday Tea Party

The Butler County Extension Office will hold its "FCS Friday" program on May 10th at the Butler County Extension Office from 2-4 p.m.

Linda Hawkins, Butler County author and publisher, will lead the program as we have a Tea Party. There will be homemade desserts and other food items that would be enjoyed at a tea party.



There is no charge to attend FCS Friday programs.

You must RSVP for this event as we only have spots for 15 attendees. Contact the Extension Office to reserve your spot today at 270-526-3767.

MCA Homemaker Annual Day

Make plans now to attend the 2024 Mammoth Cave Area Homemaker Annual Day on Thursday, October 17th in Munfordville, KY. Registration will begin at 9:00 a.m. We'll have a great day with fabulous food and friends.

Registration is \$20, payable to Butler County Homemakers. **Deadline to register is September 20th** (we'll submit 1 county check for everyone). We'll take the county van if you want to ride. You're encouraged to bring non-perishable food items for needy families in the area.



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 180 hungry Butler County people. "The Kitchen," here in Morgantown, prepares and distributes meals two times per week. They are currently feeding about 180 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.

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 pasta meal. Once the food has been prepared, it is delivered to "The Kitchen" where other volunteers prepare plates for delivery or to be consumed on site.



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

If you are able to help cook the meals, be at the Extension Office **at 11:00 a.m. on June 6th**. This is the next meal that Homemakers will be cooking for. If you prefer to donate, you can drop off food or cash donations at the Extension Office any time. Homemakers prepare a meal every other month, so donations are always needed.

Butler County Homemakers offer "Day Trip" Tours in 2024

The Butler County Homemakers will offer three "Day Trip" tours this year. These tours will be educational and fun. Homemakers will be able to learn more about our area, other members, and have fun. You **must RSVP** in order to participate. These tours are open to any homemaker member. If someone wants to join Butler County Homemaker's, dues are only \$10.



Old Mulkey Meeting House

- * Depart Extension Office at 8:00 a.m. and travel to the destination.
- * Tour historical places, eat lunch, tour any retail attractions of interest, return to Extension Office by 4:00 p.m.
- * Tour Fees and meals will be paid/or provided by attendees. Transportation will be provided by Extension Office.

<u>Tour Date</u>	<u>Destination</u>	<u>Lunch</u>	<u>RSVP</u>
May 16	Old Mulkey Meeting House (Monroe Co.)	Picnic on grounds	May 10
June 7	Travelling Vietnam Memorial (Logan Co.)	Roy's BBQ	May 31
August 8	Lincoln Birthplace (Larue Co.)	Picnic on grounds	August 1

Butler County Homemakers Lessons

We have many interesting lessons coming up for our 2024-2025 year. Your Homemaker lesson material will be emailed unless you have already contacted the Extension Office to being mailed a hard copy.

2024-2025 Homemaker Lessons

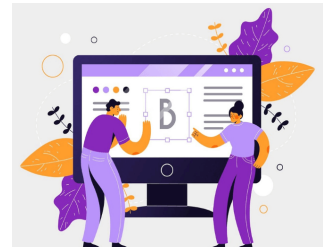
- July/August 2024—Move Your Way Exercise
- September 2024—Making a Will
- October/November 2024—Tobacco Stick Crafts, Cookie & Cake Decorating
- January 2025—Self Defense
- February 2025—Tips to Manage Stress Eating
- March 2025—How to Let Go of Junk/Transferring Treasured Possessions
- April 2025—House Plant Propagation & House Plant Exchange
- May 2025—Travel Safety & Emergency Kit
- June 2025 -Jewelry Making

Butler County Homemakers

Logo Search

Butler County Homemakers seek your input on establishing a logo for the local organization. Logos help many organizations market themselves. We need your creativity.

Greg Drake II, currently serving as FCS agent, is offering 2 bags of homemaker pecans as the prize for the person who develops the logo. Submissions will be reviewed and the logo will be adopted at the July Homemaker Council meeting.



Send submissions in electronic form to Greg Drake II at gdrake@uky.edu The logo will be used on homemaker materials, correspondence, and products.

Butler County Homemaker Cultural Arts Contests

Each year the Kentucky Extension Homemaker Association offers the cultural arts contests.

This program provides homemaker members an opportunity to compete in a wide variety of cultural arts categories. Cultural Arts entries are judged at the county, area, and state levels if the contestant wants to compete to the fullest.



There are many cultural arts categories, which can be found on the KEHA web page at: <https://keha.ca.uky.edu/content/cultural-arts-and-heritage>. Entries are things you have created in the past 12 months and are due to the Extension Office by August 23rd. County winners will move on the Mammoth Care Area Contest.

Homemakers Partner With 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 has secured appointment slots for: February 19, 2025 at 12:30 eastern time. If you would like an appointment, call the Extension Office ASAP at 270-526-3767. We even provide the transportation! The screenings are in Elizabethtown.

Homemakers will have first priority, but we'll open up these appointments to non-members soon! Don't wait, call today!

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!



**OVARIAN
CANCER
SCREENING
RESEARCH
PROGRAM**



New Homemaker Club Forming

There is a new homemaker club forming in Butler County. A group of ladies have started meeting on the second Tuesday of each month at 1:00 p.m. in the "Old Antique Shop". They have met twice now and have about twenty members. Their plan is to have learn, socialize, and help Butler County. Katherine Jennings and Becky Hankins have led the effort to organize, but several ladies have been instrumental in starting the club.



Katherine Jennings speaking at the last new club meeting.

I want to thank Butler County Homemaker President Tammy Alford for providing guidance, as there has not been a new club in several years. The group will adopt by-laws and a name at their May meeting.

Welcome to our new group of Butler County Homemakers.

Butler County Homemaker Annual September 17th

The Butler County Homemaker Annual is scheduled for Tuesday, September 17th at the Butler County Extension Service with registration beginning at 6:00 p.m.

We'll have a wonderful catered meal, our annual business meeting, silent auction (for the scholarships), and enjoy our Homemaker connection! There will be entertainment.

We ask that you **RSVP no later than September 10th.**

Make plans to attend and get this on the calendar! All members (club and mailbox members) are invited and encouraged to attend. Invite family and friends too!



Wanda Nevins accepts Outstanding Club award for Dexterville Homemakers.

Butler County Homemakers International Event

This year the Butler County Homemakers will have an international event. County Homemaker Treasurer Denishia Morris will travel to Honduras for a mission trip. Upon her return we will have an FCS Friday focusing on the food and culture of Honduras. We'll hear from Denishia about her travels to the Central American country. Denishia is going to use half of her allocated luggage space to transport school supplies to the children they will be helping.

Please consider donating school supplies to this effort. Try to find items that are light and will pack together nicely as they will be going in a suitcase. Suggested items include: pencils, crayons, notebooks (no loose leaf paper). There is an area and state contest for international events and this should be a strong entry.

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Red Potato Salad

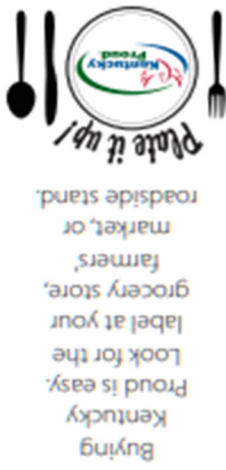
6 medium red potatoes
 cut into 1½ inch pieces
4 cups fresh green beans
 cut into 1½ inch pieces
 1 small red onion,
 chopped

1. Wash vegetables in
 warm water.
2. Boil potatoes until
 tender and drain.
3. Boil green beans until
 tender crisp and drain.
4. Place the potatoes and
 green beans in a bowl.
5. Add chopped red
 onions, peppers and
 mayonnaise, red wine
 vinegar and chopped

1 red bell pepper,
 chopped
 1 yellow bell pepper,
 chopped
1 cup chopped
 cherry tomatoes

7. Add to potato mixture
 and mix lightly.
8. Season with salt and
 pepper. **Mix well. Serve**
 cold.
Yield: 16, ½ cup servings
Nutritional Analysis:
 140 calories, 1.5 g fat,
 0 g saturated fat, 0 mg
 cholesterol, 35 mg sodium,
 26 g carbohydrate, 6 g
 fiber, 3 g sugar, 5 g protein.

¼ cup mayonnaise
2 tablespoons red
 wine vinegar
2 teaspoons fresh
 oregano
 Salt and pepper



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 Kentucky
 Proud is easy.
 Look for the
 label at your
 grocery store,
 farmers'
 market, or
 roadside stand.