

Homemakers F&CS



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

Gallatin County
395 US Hwy 42 West,
PO Box 805
Warsaw, KY 41095
(859) 567-5481
Fax: (859) 567-5432



FAMILY & CONSUMER SCIENCES - EXTENSION HOMEMAKER NEWSLETTER

MAY 2023

Thoughts from Ronda...

Hello All,

Hello All, It has been very busy here at the Extension Office. Food for Thought Class was much enjoyed by those who attended. Thank you Sherri Hoffman, Community Health Educator from Anthem, for a great informative presentation. Our Morocco Class was a huge success! Thank you Bonnie Bond, our County Homemaker International Chair, Lindie Huffman, our presenter and all who attended the event! Our Peony Festival 5K Fun Run/Walk is quickly approaching on May 20th. The fun run/walk will begin at Warsaw City Riverfront Park at 9:00 a.m. Registration is from 8:30—9:00 a.m. Volunteers for this event will meet at the Extension Office on May 19th at 10:00 to put together materials for our runners. If you would like to help, it will be greatly appreciated. The Gallatin County Open Class Exhibits Showcase Event is June 14th this year as part of the Gallatin County Fair which is June 12th—17th. Exhibit entries will be from 9:00 a.m. to 12:00 p.m. on the 14th with the judging at 1:00 p.m. Lunch will be provided for volunteers. If you are volunteering, please let me know for the food count. WE NEED VOLUNTEERS for the Showcase of Exhibits!!! If you can help us with the entries, that would be great! Or, if you could help us with monitoring our exhibits as they are being showcased, that would be greatly appreciated as well. If you can help us monitor exhibits as they are being showcased, please call our office to sign up for a time slot. Below you will find the schedule for Thursday, June 15th:



Thursday: 4:00 p.m.—6:00 p.m.—2 volunteers needed

6:00 p.m.—8:00 p.m.—2 volunteers needed

Reminder! Volunteer Service Unit hours are due to the Extension Office by Tuesday, June 20th. See the enclosed form.

Thank each of you who have been attending our classes at the Extension Office. We are working on more great ones to come. Take care and see you soon!

Ronda Rex
Ronda Rex

Co. Extension Agent for Family & Consumer Sciences

Upcoming Dates to Remember for May

May 4 —9:00 am-4:00 pm—The Embroidery Club will meet at the Extension Office.

May 9 —9:00-4:00—The Quilt Club will meet at the Extension Office.

May 9 —6:00 pm—The Back to Basics Homemakers will meet at the Extension Office.

May 9-11—KEHA State Meeting—Louisville, KY

May 10 —10:30 am—The Cross County Homemakers will meet at the Extension Office.

May 14 —Happy Mother's Day!

May 20— Peony Spring Festival (See enclosed flyer)

May 20—9:00 am— Peony 5k Fun Walk/Run

May 23—1:00 pm—CPR/AED Informational Class—Grant Co. Extension Office

May 25—1:00 pm—Glass Art Class with Doreen Main

May 29—Memorial Day—The Extension Office will be closed.



LEARN. LEAD. SERVE.

Cooperative Extension Service
Agriculture and Natural Resources
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4-H Youth Development
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

State Cultural Arts Contest

The State KEHA Meeting is May 9-11 at Crowne Plaza in Louisville. The Northern Ky. Cultural Arts winners that will be going to state meeting need to be brought to the Extension Office on or before May 4th. Those entries from Gallatin County going to the State Meeting are:

- Doreen Main—Glass Snowflake
- Chelsea Young—Tinkerbelle Diamond Art
- Bonnie Weigel—America Afghan
- Sue Keller—Table Runner
- Sharon Volker—Scarecrow
- Linda Kahmann—1930 Scrappy Quilt
- Shirley Chipman—3 Shades of Blue Quilt
- Tina Noel—Party Theme Scrapbooking Card
- Sandy Stockdill—Tulip Quill Project

If you have any questions, give me a call at (859) 567-5481.

Financial Considerations in Retirement

We often receive financial advice about the importance of retirement planning but less about what to do with our money once retirement arrives. If you are retired or will be soon, here are some tips to make your money go further.

Create a budget. Knowing how much money you have coming and going is a simple but important concept. First, consider all income sources. This includes Social Security benefits, employer-sponsored benefit plans and personal investments for many people.

Next, review your monthly expenses. Expenses include those that are fixed, like a mortgage or car payment, as well flexible expenses like groceries and utilities. You should also consider annual occasional expenses, like birthday gifts or vacations. Costs associated with new or continued hobbies may fit into the occasional expenses category. A key to financial health is understanding and controlling where your money goes.

Compare income to expenses to make sure ends meet. This will let you know if you are on target when creating monthly and annual budgets that work for your retirement income. You may find, especially if there are rising inflation rates, that your retirement income will not last as many years as you originally intended. This could require you to reduce your spending in some areas or get a post-retirement job to generate additional income.

If you have a spouse, go through the budgeting process together and communicate regularly about your retirement goals and ways to meet them.

Being retired does not mean that you should quit investing. Continuing to invest during retirement could help protect you against inflation the rising cost of everyday living expenses like clothing and food—and ensure your money lasts as long as you think it will. Many different investment options are available to retirees, and like before retirement, what you invest in will depend on how comfortable you are with risk. Often the investments that carry the most risk are the ones with the most potential to have a higher rate of return. Talk with your financial advisor about your options and risk tolerance.

Extension offices often offer financial education programs for people of all ages. To find one near you, contact the Gallatin County Extension Office.

Source: Nichole Huff, Extension Specialist for Family Financial Management

Recipe of the Month

Easy Tortilla Breakfast Pizza

Ingredients:

- Nonstick cooking spray
- 1 (8-inch) whole-wheat tortilla
- 1 cup spinach
- 3 medium eggs
- 1/2 medium tomato, diced
- Dash of salt and pepper
- 1/4 cup shredded part-skim mozzarella cheese

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Spray a 10-inch skillet with nonstick spray and place tortilla inside.
3. Place spinach over the tortilla and make three slight wells with spinach. Crack an egg into each well so that it can be cut into three triangles once done.
4. Sprinkle tomatoes, salt, pepper and mozzarella over the eggs.
5. Cover with lid and cook on medium-low heat for 12 minutes, or until egg yolk is cooked through.
6. Remove from heat and slice into three wedges with one egg each to serve.
7. Store leftovers in the refrigerator within 2 hours.

Makes 3 servings

Serving Size: 1/3 of pizza

Cost per recipe: \$3.25

Cost per serving: \$1.08

Nutrition facts per serving: 140 calories; 7g total fat; 3g saturated fat; 0g trans fat; 170mg cholesterol; 300mg sodium; 10g total carbohydrate; 1g dietary fiber; 1g total sugars; 0g added sugars; 10g protein; 6% Daily Value of vitamin D; 8% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.

Source: Jean Najor, Program Coordinator II; and Jen Robinson, NEP Area Agent, University of Kentucky Cooperative Extension Service



Homemaker Happenings



Members of Cross County enjoyed a day at Keeneland on April 13th



Lindie Huffman, Pendleton Co. Agriculture Agent, was on hand to share her travels to Morocco. Culture, cuisine, Agriculture, climate and infrastructure were topics of her discussion.



The Back to Basics Club enjoyed an evening out at the Barnwood Theater to hear The Queen of Country Music in Dry Ridge recently.



The Senior Center group had a great time creating eggs from plastic eggs and spring paper napkins this month.



Ronda taught the Basic Embroidery class at Carroll County in April.



Be sure to send us your pictures of club activities! You can email those to Ronda at: rrex@uky.edu or Cindy at: cindy.sullivan@uky.edu



PEONY

Spring Festival

May 20

Courthouse Square

Washington & Franklin Streets

WARSAW, KY

11 am - 6 pm

RIVERBOAT RIDES

Peony Plants

Gardening

Workshops

Tractor Show

Vendors

5k

 Run/
walk

- Cornhole
Tournament

FACE

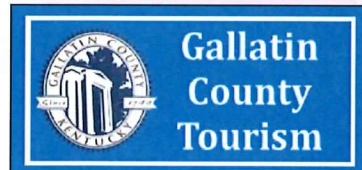
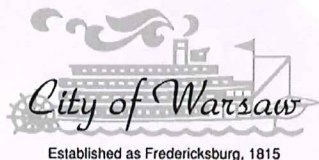
PAINTING

- Free Horse &
Carriage Rides

LIVE MUSIC

FOOD

For more information, a schedule of events, or vendor booth inquiries please call the Mary Jane Day at (859) 643-3118





PEONY Spring Festival

May 20, 2023

Fun 5k run/walk

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

E-mail _____ Age on Race Day _____ Male Female

NOTE: Race will begin at the Warsaw City Riverfront Park at 9am. Registration is from 8:30-9am. Races may be cancelled due to inclement weather (thunder and lightning). If weather is questionable on race day, visit our facebook page www.facebook.com/GallatinCountyFCS or call the Extension Office (859) 567-5481 to verify cancellation.

Registration

\$15.00—5k Run/Walk

\$20.00—Same Day Registration

Please circle T-Shirt Size

S M L XL 2XL

Age Division

0-10 11-14 15-19 20-29 30-39

40-49 50-59 60-64 65-69 70+

Release of Responsibility

Runners must be careful to register and run under their proper name, sex, and age division to avoid disqualification. In consideration of accepting my entry, I, intending to be legally bound, hereby for myself, my heirs, my executors and administrators, do waive and release forever, any and all rights and claims for damages I may accrue against the Gallatin County Homemakers or Gallatin County Extension Service, their agencies, and the employees and agents involved with promoting and/or staging the race for any and all injuries suffered by me while traveling to and from and while participating in the Peony Spring Festival 5K run/walk competition on the dates listed above. I further state that I am in proper physical condition to participate in this event. I release publication rights to photographs of me shot during the Peony 5K run/walk for purposes of publicity for this and future events. I understand, the use of headphones is discouraged.

Name (print) _____

Signature _____

Date _____

Signature of Parent/Guardian (if under 18)

Make Checks Payable to:
Gallatin County Extension Homemakers

Mail to:
Gallatin County Extension Office
Attn: 5K run/walk
PO Box 805
Warsaw, KY 41095-0805

Mail-in entries must be postmarked at least 1 week prior to event date - May 12, 2023.

Glass Art

 University of Kentucky
College of Agriculture,
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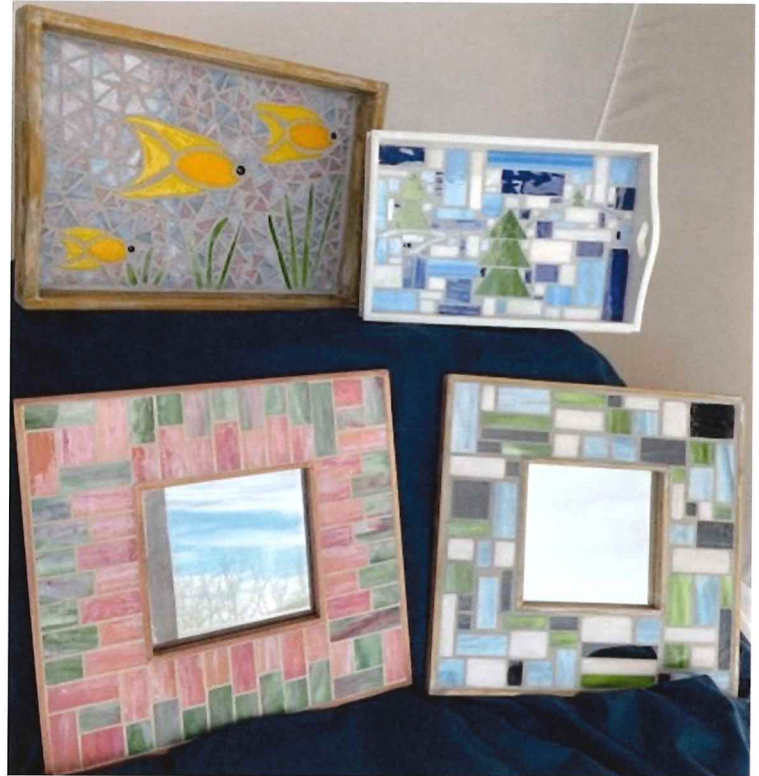
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**Thursday
May 25th**

1:00—4:00 pm

**165 Fogg Road
Sparta, KY 41086**

Make Checks payable to: Doreen Main



Doreen Main, Artist and Gallatin County Homemaker will be teaching Glass Art in her personal studio. Registration is required by calling the Gallatin County Extension Office at 859-567-5481. There is a fee of \$40.00 for the class and due at the time of registration to reserve a spot as space is limited. The fee will cover all materials supplied by the instructor. There will be a choice of items.

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CPR/AED &

First Aid Informational Class



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Tuesday, May 23, 2023 1:00 pm

At the Grant County Extension Office
105 Baton Rouge Road, Williamstown



Diana Morgan, Grant County Homemaker and Management & Safety Chair will teach an informational class focusing on CPR, AED, and First Aid. Diana has been certified EMT for 42 years with active service at a local Fire/EMS agency.

Diana will provide classroom style instruction as well as demonstrations of CPR and AED. This will be an informational class ONLY!

Upon completion of the class, if you want to pursue completing the training of becoming certified in administering CPR/AED, Diana will be able to point you in the right direction.

Call the Grant County Extension Office to register for this class at (859) 824-3355.

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