

April 2023

# Newsletter



FAMILY & CONSUMER SCIENCES  
BOURBON COUNTY EXTENSION HOMEMAKERS



Kay Dominator

Bourbon County Extension Agent  
for Family & Consumer Sciences



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

Cooperative Extension Service  
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*"Hello April.....new month, new beginning,  
new mindset, new focus, new start, new intentions,  
new results."*

Wow what a month! March was a very busy and successful month for everyone. It started off with a fundraiser at the Farm Machinery Auction that netted the Bourbon County Homemakers \$1,574.63. It also netted a lot of positive teamwork.

The middle of the month took the homemakers to Italy for their annual international meal. The food was fantastic but who does not like Italian cuisine and the McClain-Fightmaster cooking! Lucy Anne VanMeter treated us to wonderful presentation of her travels in Italy. A picture of a dessert that she tasted while in Italy is pictured below. Try to guess what the brown ingredient is. The answer is in the newsletter.

There is excitement about the upcoming Bourbon County Homemakers 86<sup>th</sup> annual meeting. It will be held at a new location – Church of the Annunciation Parish Hall and a new caterer will be preparing the meal – Columbia Steak House. All the "news" go right along with the April quote.

The Helping Hands Auction will once again be a part of the meeting. This auction supports 100% the annual Homemaker Scholarship. Please consider donating a service or item to be auctioned. Your support is appreciated by many in the community. The last two pages of the newsletter is the certificate to be completed for the auction. This certificate is due to the Bourbon County Extension Office by April 14.

Looking forward to another successful month!



Guess the ingredients in this  
dessert?????

Answer found in newsletter!

**BOURBON COUNTY**  
Making Life Better  
EXTENSION HOMEMAKERS

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

You're invited to the  
Bourbon County Homemakers

86<sup>th</sup>  
Annual  
Meeting

"Blooming Together"

Thursday, April 20, 2023  
6:00 pm

Church of the Annunciation  
Parish Hall  
1007 Main St, Paris, KY

Tickets \$20  
meal included

Tickets on sale  
now through  
April 14

Meal provided by Columbia Steak House

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546

Disabilities  
accommodated  
with prior notification.

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LEXINGTON, KY 40546

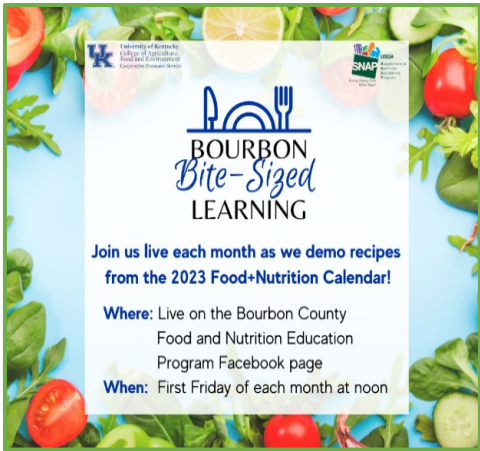


Disabilities  
accommodated  
with prior notification.

Coming to you on Bourbon County Nutrition Education Facebook page. If you missed the 1<sup>st</sup> Friday, it is still available on FB and YouTube.



Stop by the Extension Office and pick up your 2023 calendar to cook along!



Join us on Bourbon County Nutrition Education Program Facebook page, to view Kay preparing "Rainbow Salad Pasta" or even better get your ingredients and prepare along with us. Mark your calendar April 7<sup>th</sup> at noon!



*We have expanded!*

**BOURBON Bite-Sized LEARNING**

**Plate it Up! Kentucky Proud edition**

Watch the 3rd Friday of each month on the Bourbon County Extension FCS/Homemakers Facebook page!

Join Kacy and Kay on the 3rd Friday of each month at noon when they share a Kentucky Proud Plate It Up! Recipe on the Bourbon County Extension FCS/Homemakers Facebook page. Look forward to sharing our recipes!

**Subscribe to our YouTube Channel!**

Check out our past recipe demos and more on our office YouTube Channel!

**YouTube**

Search for Bourbon County Cooperative Extension Service on YouTube to view our videos



## “OUTSIDE the BOX”

### “Bourbon County Homemakers, let’s get started thinking outside the box!”

There is no denying – spring is here! Even though a few mornings in late March brought freezing temperatures, April is still managing to surround us in color. Mother Nature is waking up and as we as Homemakers are right there with her!

A big shout out to members for making the Farm Machinery Auction Concessions fundraiser a success. Every club donated items and at least one member from each club worked the event. That is some fabulous teamwork. Do not forget to log your volunteer hours for this event.

Just another example of how we are better together Bourbon County Extension Homemakers!

Mallory Lowe

President Bourbon County Extension Homemakers



## LEADER LESSON



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

### HEALTHY OUTDOOR COOKING

Spending time outdoors is fun, but it can be even more fun when you include food. This lesson includes up to date information with some activities, recipes, and techniques about how to safely prepare meals in the great outdoors with your family!

**TO LEARN MORE, MAKE SURE YOU JOIN US AT:**

**Bourbon County  
Extension Office  
603 Millersburg Rd.**

**April 27, 2023  
6:00 -7:00 pm**

**Call to register:  
859-987-1895**

### 2023 KEHA Quilt Square Showcase and Auction



The KEHA Quilt Square Showcase and Auction is back for the eighth year at the KEHA State Meeting. Anyone wishing to participate should make a 12-inch finished quilt square. (Finished means piece the square, put in the batting, put on backing and finish the edges just like you would a complete quilt. Finished applique squares are also eligible.) This special showcase is an opportunity to highlight quality work from KEHA members across the state. As you prepare your quilt square(s), consider designs that you would want to purchase. Bring the 12-inch finished square(s) to the KEHA State Meeting in Louisville. Please write your name and county on a small slip of paper and attach to the back of the square.

If you are unable to attend the KEHA State Meeting, please feel free to send your squares with Kay Denniston. If you have any questions, please contact Henrietta Sheffel, KEHA 1<sup>st</sup> Vice President, [hsheffel@gmail.com](mailto:hsheffel@gmail.com) or 696-272-0193

### Scholarship Information

2023 Homemaker Scholarships are currently available at the Bourbon County Extension Office, Bourbon County High School Counselors Office, Paris High School Counselors Office and Bourbon Christian Academy School. This is a \$1000 scholarship, sponsored by the Bourbon County Homemakers and awarded to a student majoring in a subject area to better families. The 2023 scholarship will be awarded at the Annual Meeting on April 20<sup>th</sup>. Deadline for applications is 4:00 on April 11 to the Extension Office.



**2023 International Meal – Bourbon County Homemakers and Families Visit Italy**

Those attending the 2023 International Dinner were treated to a delicious meal of antipasta salad, pappardelle pasta with Italian sausage, focaccia bread and tiramisu prepared by Ann Davis McClain and Nancye Fightmaster.

After the meal, Judge Lucy Anne Van Meter shared her travels through Italy with everyone. She made everyone feel as though they had been (or wants to go) to Italy. It was an excellent presentation.

“Grazie” to Lucy, Ann Davis and Nancye!



Italia



Travel  
the  
World



And the answer is.....tobacco! The dessert that Ms. VanMeter ordered in Italy was gelato sandwiched in between two sheets of caramelized Kentucky tobacco. And yes it said Kentucky tobacco on the menu!

Tobacco for “dolci” (dessert) anyone?

## Save the Date

It's Sew Fine.....	April 13-14
Annual Mtg Ticket Sales End.....	April 14
Helping Hands Auction Items Due.....	April 14
Scholarship Applications Due.....	April 18
Bourbon County Homemakers.....	April 20
Annual Meeting	
Spring Open House.....	April 21
Safety Day.....	April 28
KEHA Annual Meeting.....	May 9-11
Paris Story Fest.....	May 12-14
Horse Show Hospitality.....	June 16 & 17
Rodeo.....	June 24
Fair.....	June 26-July 1

### Ovarian Cancer Screening

The UK Markey Cancer Center Screening Program provides free sonographic screenings to women across Kentucky with the goal of detecting ovarian cancer in early stages. When detected early, ovarian cancer is a treatable and curable disease.

All women over the age of 50 and women over the age of 25 with a family history of ovarian cancer are eligible for free screening

For more information about UK Markey Cancer Center free screenings please call the Bourbon County Extension Office.

\$1 of every homemakers dues goes toward supporting this program.

### Farm Machinery Auction Concessions Fundraiser Report

Net income from the event

**\$1574.63**

This amount would not have been possible without all the donations from members.

**There were \$0 expenses.**

Perfect teamwork.  
at least one member from every club worked  
at least one shift of the event.

Bourbon County Extension Homemakers

**“Better Together”**

### Farm Machinery Concessions Report Volunteer Hours

How does this connect with Volunteer Hours?

- Time spent shopping for and delivering items you donated.
- Time spent asking/calling others to donate.
- Time spent recruiting volunteers to work the event.
- Time spent setting up the event.
- Time spent working the event.
- Time spent cleaning up and/or storing left over items for the event.

And there are probably more!

Please continue to record these hours (in the method of your liking) monthly to be tallied and calculated at end of year more easily.

**Keep on recording!**

## A Watch and a Warning: What is the Difference?

*This article is from the Extension publication, "In the Face of Disaster, Preparing Your Family and Home Before a Natural Disaster" by Hardin Stevens, Miranda Bejda, and Nichole Huff.*

Springtime in Kentucky is a beautiful time of year with days warming, cool evenings, the trees and flowers starting to bloom, and the bluegrass of the Commonwealth turning green.

Springtime is also a time of year when severe weather can be a real threat. Additionally, with climate change, weather patterns have become even more unpredictable. How can someone prepare for what severe weather in Kentucky can bring?

"When a dangerous weather event is forecast or occurs, the National Weather Service (NWS) may issue different types of alerts in your area. Learn more at <https://www.weather.gov/>. Generally, you can receive three types of emergency alerts: advisory, watch, or warning.

- A weather **advisory** lets you know that a nonlife-threatening hazard is expected nearby.
- A weather **watch**, such as a tornado watch, recommends that you get prepared. A hazard in your area may occur.
- A weather **warning**, such as a thunderstorm warning, informs you a hazard is already occurring or will likely occur soon. These hazards are expected to have serious impacts. During a weather warning, you should act as local authorities and disaster alerts advise to keep yourself and those around you safe.

The Federal Emergency Management Agency (FEMA) notes not every hazard or disaster has each level of alert - some hazards may arise too quickly to provide an advisory or watch. For more information on the emergency alerts you may receive, visit <https://www.ready.gov/alerts>."

By educating yourself regarding emergency terminology and staying informed about weather conditions, you could save your life and those around you.

## Cleaning Reusable Bags

As the weather turns warmer, we know it's time for many of our seasonal farmers' markets to open again! Reusable bags are an environmentally friendly way to cart your farmers' market finds. These bags often hold more than disposable plastic bags do and are more durable. But because we use them repeatedly for so many things, they are prone to collecting dirt and germs. A simple washing will keep them clean and ready to use again! The American Cleaning Institute offers some simple advice on how to care for these handy helpers.

To **prevent food cross-contamination and mold from growing**, try this:

- **Clean** – Wash bags after each use (see cleaning tips, below).
- **Separate** – Use different bags for raw meats, seafood, and produce; use other bags for non-food items.
- **Store** – Keep in a cool, dry place. To prevent bacteria growth, avoid storing bags in your car trunk.

Follow these **cleaning tips** for best results, or check the product's care tag instructions:

- **Cotton** – machine wash (hot water and laundry detergent); machine or line dry
- **Polypropylene** – machine wash (gentle cycle, cold water and laundry detergent); line dry
- **Nylon or polyester** – hand wash (warm water and laundry detergent); line dry
- **Insulated bags** – hand wash (warm water and soap) or clean with disinfecting wipes; line dry

For all types of bags, **turn inside out before washing** and be aware that some printing or logo designs on bags may fade or bleed with washing.

**Source:** Jeanne Badgett, Senior Extension Associate for Clothing, Textiles, and Household Equipment

**LOCATIONS**





The Livery 226 Pleasant St.  
 Trackside at the Depot 134 East 10th St.  
 Chief Reed Park 1100 Stewart St.  
 Hopewell Museum 800 Pleasant St.  
 Wallis Arboretum 616 Pleasant St.  
 Paris KY, 40361

**CELEBRATING THE BEST OF  
 STORYTELLING &  
 SMALL TOWN CHARM**

**MAY 12-14, 2023**

[www.ParisStoryFest.com](http://www.ParisStoryFest.com)  
 Email: [ParisStoryFest@gmail.com](mailto:ParisStoryFest@gmail.com)  
 Facebook: Paris Storytelling Inc.

*Join us  
 April 21*

**BOURBON COUNTY  
 EXTENSION OFFICE**

*for our*

**SPRING OPEN  
 HOUSE**

**3:00 pm - 6:00 pm**

**EVERYONE WELCOME!**

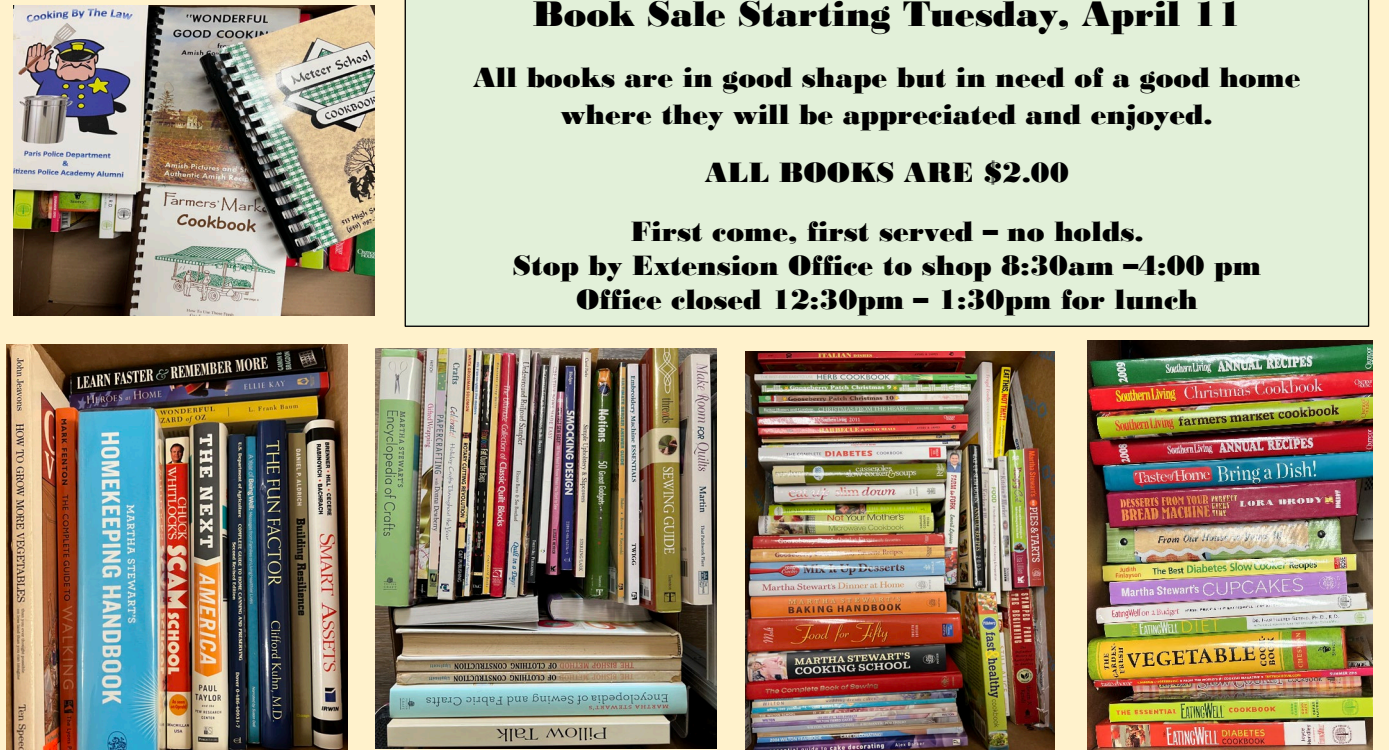
Stop by for fulfilled updates on  
 farming, gardening,  
 nutrition, recipes and family activities

**Book Sale Starting Tuesday, April 11**

**All books are in good shape but in need of a good home  
 where they will be appreciated and enjoyed.**

**ALL BOOKS ARE \$2.00**

**First come, first served - no holds.**  
**Stop by Extension Office to shop 8:30am - 4:00 pm**  
**Office closed 12:30pm - 1:30pm for lunch**



## Carbon Monoxide Poisoning and Prevention

The National Fire Protection Association defines carbon monoxide (CO) as: “Often called the invisible killer, carbon monoxide is an odorless, colorless gas created when fuels (such as gasoline, wood, coal, natural gas, propane, oil, and methane) burn incompletely. In the home, heating and cooking equipment that burn fuel are potential sources of carbon monoxide. Vehicles or generators running in an attached garage can also produce dangerous levels of carbon monoxide.”

Since you can't see, taste, or smell carbon monoxide you unknowingly breathe this gas in when exposed. These exposures cause hundreds of accidental deaths and make thousands ill each year.

### Symptoms of Carbon Monoxide Poisoning

The CDC reports the most common symptoms of carbon monoxide poisoning are:

- Headache,
- Dizziness,
- Weakness,
- Upset stomach,
- Vomiting,
- Chest pain,
- Confusion,
- Flu-like symptoms.

High levels of exposure can lead to passing out or death, especially if you are asleep or drunk.

If you think you are suffering from carbon monoxide exposure, get into fresh air immediately, contact emergency personnel, and seek medical attention.

### Steps of Prevention

What steps can you take to prevent your exposure to carbon monoxide?

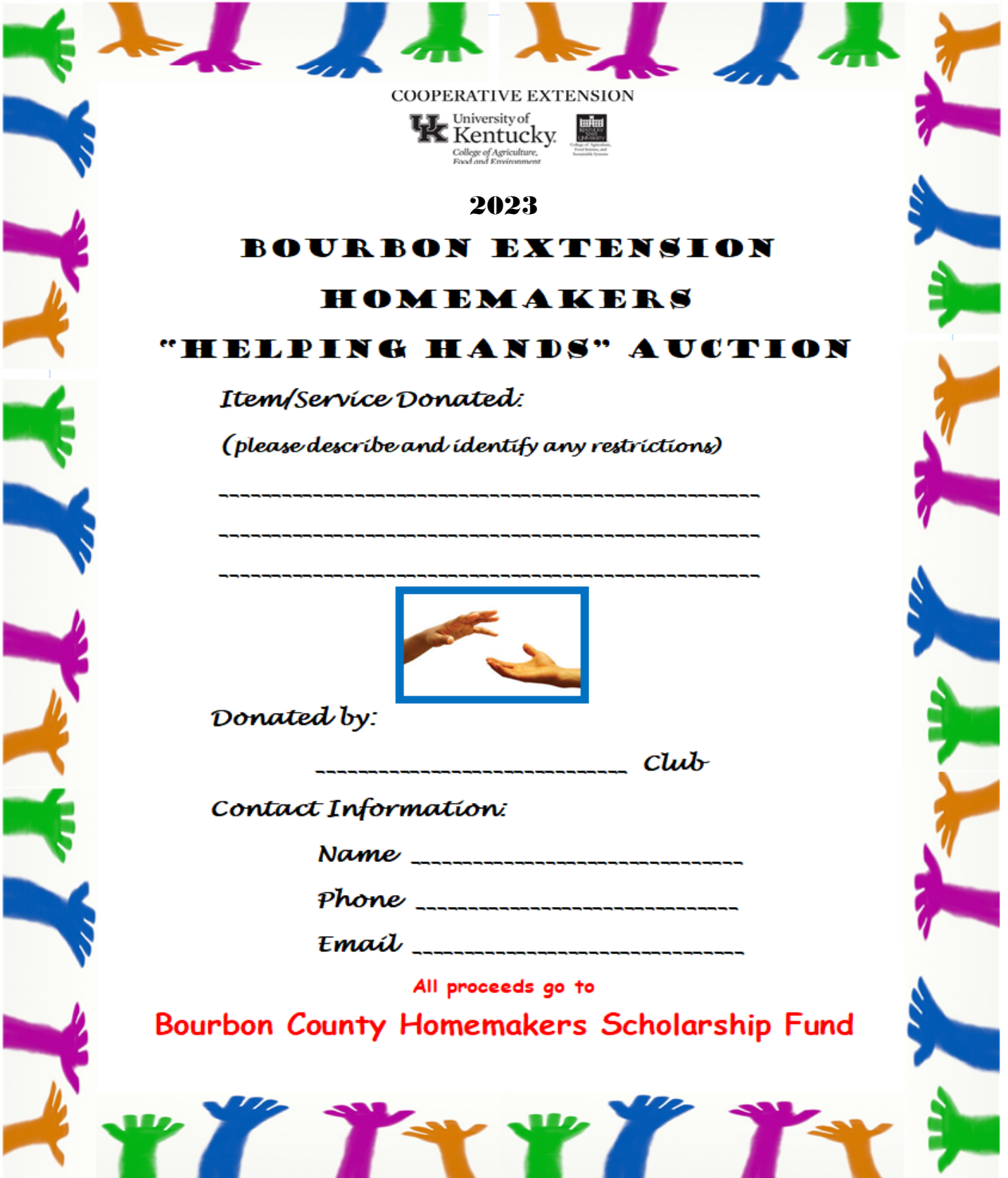
1. Install a carbon monoxide detector in your indoor space.
2. Have a qualified technician service your heating system, water heater, and other appliances fueled by gas, oil, or coal each year.
3. Have a qualified technician service your chimney each year to prevent CO build up.
4. Never use a charcoal grill or portable gas stove indoors.
5. Never use a gas range or oven for indoor heating.
6. Don't use a generator inside your home, basement, or garage or less than 20 feet from any window, door, or vent. Experts recommend using an extension cord that is longer than 20 feet to keep the generator at a safe distance.
7. Never leave a gas-powered motor running (car, truck, motorcycle, lawn mower, etc.) in the garage even if the garage door is open.

### References:

<https://www.nfpa.org/Public-Education/Staying-safe/Safety-equipment/Carbon-monoxide>  
<https://www.cdc.gov/co/faqs.htm#:~:text=The%20most%20common%20symptoms%20of,pass%20out%20or%20kill%20you.>  
<https://hes.ca.uky.edu/news-story/carbon-monoxide-safety-extremely-important-during-winter/>  
<https://www.cdc.gov/co/guidelines.htm>  
[https://www.usfa.fema.gov/downloads/pdf/publications/co\\_safety\\_flyer.pdf](https://www.usfa.fema.gov/downloads/pdf/publications/co_safety_flyer.pdf)  
<https://www.cdc.gov/nceh/features/timechangecodetectors/index.html>

**Source:** Hardin Stevens, senior Extension associate, University of Kentucky, College of Agriculture, Food and Environment, October





COOPERATIVE EXTENSION



2023

**BOURBON EXTENSION  
HOMEMAKERS**

**"HELPING HANDS" AUCTION**

*Item/Service Donated:*

*(please describe and identify any restrictions)*

-----  
-----  
-----



*Donated by:*

----- Club

*Contact Information:*

*Name* -----

*Phone* -----

*Email* -----

All proceeds go to

**Bourbon County Homemakers Scholarship Fund**

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

## DIRECTIONS FOR HELPING HANDS AUCTION

The Helping Hands Auction has successfully funded EIGHT \$1,000 scholarships over the last eight years - even the two years without a "Helping Hands" Auction!

Let's have some fun with it AND make some money too!

- Pick a service (or item) that you are willing to share or teach another homemaker.
  - Complete the other side of this certificate.
- Return to the Extension Office by April 14. There will be no auction certificates accepted after that date.
- A list will then be compiled of all certificates received and handed out at registration the night of the meeting
  - Decide what service you or your club would enjoy purchasing.
    - Bid, bid, bid!
    - SOLD to top bidder.
- Buyer will receive certificate with information to contact seller to schedule time to carry out service.

Each club has at least one marketable service to offer.  
Hopefully the larger clubs will have more than one.

Extra benefit—While having fun offering this service you will get to know fellow homemakers that are not in your club!

If you have questions, do not hesitate to call the Extension office for clarification!

859-987-1895

Get the certificates in early this year as the number of services/items being sold is being limited to shorten the length of the live auction.