

Hancock County ● 1605 US Highway, 60 West Hawesville, KY 42348 ● 270-927-6618

Newsletter

MAY 2025

KENTUCKY
COOPERATIVE EXTENSION

UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
KSU COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES



Angelia (Angie) Swihart

Angelia Swihart

Hancock County Extension Agent
for

Family & Consumer Science
Education



Hancock County Building Strong Families for Kentucky

Upcoming Events

- 5/9 Senior Health Fair @ HC Senior Services
- 5/19-5/20 Service Project Duffle Bags 9-2 (bring lunch - supplies provided)
- 5/22 Fabric Bowl Cozy Workshop 9-1 OR 6-8
- 5/26 Memorial Day - Office Closed
- 5/27 How to make Continuous Bias Strip (for Homemakers) 9-1
- 5/29 Living with Alpha-gal Syndrome - Watch Party @ Hancock County Development Complex (Career Center/Ext Office) - 6-7:30pm
- 5/29-5/31 Lewisport Heritage Festival
- 5/31 HC Health Coalition 5K Run - Lewisport - AM
- 6/2-6/4 Super Star Chef -10a-2pm



*Hancock County Fair
July 30th - August 2nd*

Service Project:

We will be making duffle bags. Open to anyone, but will need some sewing experience. Bring a serger if you have one.



Fabric Bowl Cozy Workshop

May 22nd

TWO TIME OPTIONS:
9a-1p OR 6-8p



SMALL

- Fits 4 - 5" bowls
- Width: 5.5"
- Height: 1.75"

MEDIUM

- Fits 5.5 - 6" bowls
- Width: 6.75"
- Height: 2.25"

LARGE

- Fits 6.5 - 7" bowls
- Width: 8"
- Height: 3"

Supplies:

2 pieces of 100% cotton fabric
1 piece of 100% cotton batting
(same size as your fabric)

Fabric Size Options:

small cozy: 10"x10"
medium cozy: 12"x12"
large cozy: 14"x14"

Fabric size is determined on if you want to make a small, medium or large bowl cozy.
See picture above and options to left.

Call the office to sign up
270-927-6618

Location: Hancock County Extension Office

3-DAY COOKING CAMP

Shine in the kitchen with your new cooking skills!

KENTUCKY COOPERATIVE EXTENSION
THE MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
AND COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES

Register by May 30th

super star chef

Calling all chefs ages 11 to 13!
Join Super Star Chef's FREE 3-Day Camp!

Get your own recipe book and learn about:

- Knife Skills
- Nutrition/Healthy Snacks
- Nutrition Facts and Labels

Dreaming of owning a restaurant hosting a cooking show, or making your friends an after school snack? This camp is for you!

Angie Swihart
Hancock County Extension Agent for Family & Consumer Sciences



Date: June 2nd, 3rd, and 4th
Time: 10 am -2 pm
Ages: 11-15
Location: Hancock County Career Center, HWY 60 W, Hawesville, KY 42348

Call 270-927-6618 to sign up



VOLUNTEERS NEEDED:

for the Heritage Festival
Tractor Pull Breakfast
Saturday, May 31st.

and for the Pancake
Breakfast

Saturday, August 2nd.

Contact Paula Mason or
Lori Hodskins for more
information.

LIVING WITH ALPHA-GAL SYNDROME WATCH PARTY AT HANCOCK COUNTY EXTENSION OFFICE

MAY 29TH

TO JOIN OUR WATCH PARTY CALL THE OFFICE AT 270-927-6618 TO RSVP.

IF YOU WANT TO WATCH FROM HOME, REGISTER USING THE QR CODE.

6 PM CST



Living with Alpha-gal Syndrome

When: Thursday, May 29
Time: 7:00 PM EDT/6:00 PM CDT
Where: Zoom

Presenters: Heather Norman-Burgdolf, PhD
Associate Extension Professor
Department of Dietetics and Human Nutrition

Jonathan Larson, PhD
Assistant Extension Professor
Department of Entomology

Hannah Tiffin, PhD
Assistant Professor
Department of Entomology

Heather Shaw
Area Agent
Nutrition Education Programs

Register: ukfcs.net/AgS or scan the QR Code below



Martin-Gatton College of Agriculture, Food and Environment



Health **AND** WELLNESS FAIR

FREE Admission • Open to the Public

Friday May 9th from 9 am-11am
Hancock County Senior Services
315 Ridgewood Drive, Hawesville, KY
We will have refreshments and door prizes.
There will be 20+ agencies on hand to share
information about the services they offer.
For more information please call 270-927-8313
We look forward to seeing you!

**OLDER
AMERICANS
MONTH**



FLIP THE SCRIPT ON AGING: MAY 2025

HOW TO WORKSHOP: MAKING CONTINUOUS BIAS STRIPS

May 27th
at the Hancock County
Extension Office
9a-1p



You will just need a 22.5" x
22.5" fabric square minimum.
You can make a larger square
if preferred.

Other materials will be
provided.

THIS WORKSHOP IS BEST SUITED FOR
HOMEMAKERS AND INDIVIDUALS WITH
SOME SEWING EXPERIENCE

Homemaker Happenings

Dates to Remember

5/6-5/8 KEHA Annual Mtg – Lexington, KY

5/7 Scholarshoip Photo @ HCHS – 3:30

5/12 Hawesville Homemakers: Karon Jackson's
House @ 5:30pm

5/13 Sunshine Circle Meeting: HC Career Center.
@ 5:30pm

5/27 How to make Continuous Bias Strip 9-1

****Quilt Square due to HC
Extension Office before 12pm
on May 1st****

**Open Sew Days every
Wednesday @ 9:30**

Roll Call

In May, we celebrate
mothers. Share a favorite
memory with your mother.

Thought for the day

"There's no load I cant hold - A road
so rough, this I know - I'll be there
when the light comes in - Just tell
'em we're survivors"

Life is a Highway - Rascak Flatts (2006)
Tom Cochrane (1991)



Monthly Meetings

Hawesville Homemakers meet the
second Monday of the month, 5:00pm
at **Kenergy**
May 21st - 5:30

**Sunshine Circle meets the second
Tuesday**, at 5:30pm at HC Career Center
May 13th - 5:30



Homemaker Happenings

2025 KEHA STATE MEETING LODGING INFORMATION



The 2025 KEHA State Meeting will take place May 6-8, 2025, at Hyatt Regency in Lexington. The lodging room blocks are now open for reservations!

Hyatt Regency Lexington
401 West High Street, Lexington, KY 40507
Room rate \$149.00 + tax (1-4 people per room)
Online Reservations: <https://www.hyatt.com/en-US/group-booking/LEXRL/G-KEHA>
Phone Reservations: 800-233-1234
(group code **G-KEHA** for conference rate)

Make your reservations by April 7, 2025
to secure the conference rate.

2025 KEHA Quilt Square Showcase and Auction

The KEHA Quilt Square Showcase and Auction is back for the tenth 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 also are 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 Lexington. 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 square(s) with another KEHA member. If you have any questions, please contact Ann Porter,

KEHA 1st Vice President,
606-584-2510 annsporter42@gmail.com

State Meeting Registration Refund Policy

The KEHA Finance Committee and State Board have determined some clarifications to the State Meeting refund policy.

- **The State Treasurer will continue to issue refunds for fee-based workshop registrations once they are full. Those who wish to attend workshops that include a fee are encouraged to submit their registrations quickly once the form is released in February.**
- **Those who wish to cancel their entire registration will not receive a full refund. If it is canceled before the final registration deadline, half will be refunded. After the final registration deadline, no refunds will be issued.**
- **Registration may be transferred to another individual rather than canceling.**

Deadline reminders: Postmark April 7 for early registration and postmark April 21 for final registration deadline in 2025

Order your KEHA Shirt

This Bella Canvas short sleeve, V-neck T shirt comes in a deep heather teal blue and shows off our logo on the back and "Discover KEHA" on the front shoulder. Available in all sizes from small to 3X for \$18 per shirt.



View the 2025 KEHA Newsletter and registration form at:
<https://keha.ca.uky.edu/>

Cooperative Extension Service

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.