

Hancock County Extension

Family & Consumer Science Education

Hancock County Building Strong Families for Kentucky



June 2023



**Cooperative Extension
Service**

Hancock County
1605 US Highway. 60 West
Hawesville, KY 42348
(270)927-6618
Fax: (270)927-1194

Roll Call

In June, we celebrate fathers. Share a favorite Father's Day memory.

Thought for the Day

"Dads are most ordinary men turned by love into heroes, adventurers, storytellers and singer of song." -Pam Brown

Congratulations!

Congratulations to our 2023 Hancock County Homemaker Scholarship Award Winner:

Kassidy Swihart

Congratulations to Sunshine Circle Homemakers Scholarship winners for 4-H Camp:

JD Powers

Wyatt York

Homemaker Meetings

Sunshine Circle Homemakers

- ♦ June 6 @ 9:30 Hancock County Development Complex-Workshop
- ♦ June 13 @ 5:30 Hancock County Development Complex-June Business Meeting, End of Year Potluck. Bring finger foods.
- ♦ June 14 from 9:00 am-12:00 pm Vastwood Beach House- Camp Vastwood -Sewing Project
- ♦ June 27th @ 5:30 Hancock County Development Complex-Workshop-Quilt Block of the Month

Hawesville Homemakers

- ♦ June 12th @ 6:00pm-Kenergy-Monthly Meeting, Potluck Meal and art project.
- ♦ July 10th @ 6:00 pm-Kenergy-Fluid Painting Class, taught by Lisa Hagman.
- ♦ No meeting in August
- ♦ September 16th @ 6:00 pm-Kenergy



The Hancock County Sorghum Festival is set for October 28, 2023. The Hancock County Homemakers will be having their annual Quilt Show. Quilts can be dropped off anytime that week at the Hancock County Cooperative Extension Office to be taken to the show.

Quilt Show Categories will be as follows:

- Baby Quilt
- Rag Quilt
- T-Shirt Quilt
- Quilted Table Runner & Placemats
- Quilted Craft Item (teddy bear, purse, pillow, etc.)
- Youth Quilted Item (ages 5-12 years old)
- Teen Quilted Item (ages 12-18 years old)
- Traditional Bed Quilt (any bed size)



Winners of each category will receive a \$15 gift card to a local restaurant.

People's Choice Grand Prize will be a \$50 gift card to JoAnn Fabric & Crafts.



Sweet and Savory Cucumber Salad

| | | |
|---|---------------------------------|---------------------------------------|
| 2 medium cucumbers | 1 teaspoon minced garlic | 1 teaspoon white wine vinegar |
| 2 tablespoons coarse kosher salt | 20 seedless grapes | Sodium-free seasoning blend, to taste |
| ¼ cup slivered, blanched almonds | 1 cup fresh blueberries | |
| | 2 tablespoons olive oil | |

Preheat oven to 400 degrees F. **Wash** cucumbers. **Cut** the ends off the cucumbers; remove peel if it is tough or bitter. **Slice** the cucumbers lengthwise; use a spoon to **remove** any large seeds; **cut** into ¼ inch slices. **Place** the sliced cucumbers in a colander; **sprinkle** with kosher salt and stir. Let stand for 25 minutes. **Spread** the slivered almonds on a baking sheet and **bake** with the rack in the top position, at 400 degrees F until lightly browned — about 5 minutes (use a timer to prevent overbrowning); **remove** from oven and **cool**. **Slice** grapes in half lengthwise and place in a large bowl.

Add blueberries. **Rinse** the salt from the cucumber slices and turn out onto several paper towels. **Place** a paper towel over the top and **press dry**. **Add** cucumbers to the bowl with the other fresh ingredients. **Drizzle** the olive oil and vinegar over the salad; **add** the garlic and sodium-free seasoning to taste; **toss**. **Sprinkle** the toasted almonds over the top and serve.

Yield: 4, 1 cup servings

Nutritional Analysis: 170 calories, 11 g fat, 1 g saturated fat, 0 mg cholesterol, 580 mg sodium, 16 g carbohydrate, 4 g fiber, 11 g sugars, 4 g protein.



KEHA State Meeting
Attendees with Angie Swihart:
FCS Extension Agent



Hancock County Homemakers used the 2022 Development Grant for the Build a Bed Project and made 30 quilts.

At the 2023 KEHA State Meeting they were awarded the grant again and it will be used for the Jr. Wildcat Craft Club.



Cultural Arts Blue Ribbon
Winners @ KEHA State
Meeting



Quilt Squares made by Hancock County Homemakers for the Silent Auction @ KEHA Annual Meeting.



100 MILE CLUB



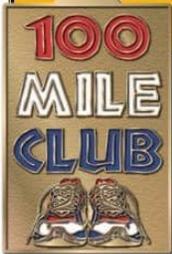
**Begins Memorial Day- May 29
Through Labor Day- September 4**

Celebration September 14, 2023 • 5:30 pm
 Hancock County Senior Center
 315 Ridgewood Drive, Hawesville

Pick up/ Drop Off
 Mileage Log:
 •Hancock Co. Public Li-
 brary
 Lewisport & Hawesville
 •Poole's Pharmacy
 •Senior Centers
 Lewisport & Hawesville

When Registered,
 you will get a
 card to track your
 miles.
 Log your miles
 and turn in card to
 one of the
 convenient
 drop off locations

Prizes awarded to all Participants.
 Drawing for Prizes for those attending
 the Celebration



Free Event Open to all ages

Walk...Run...Bike...Stroll...
Jog...Skate.....100 Miles

2023—2024 HOMEMAKER LESSONS

Trainings will be given at the Daviess County and Henderson County Cooperative Extension Service Offices.

10:00 A.M. LESSON TRAINING

SEPTEMBER LESSON ALL ABOUT PAW PAWS

August 22 (Daviess) August 23 (Henderson)
The Pawpaw is currently enjoying a resurgence in popularity. Learn about the native fruit, its unique flavor, and the tastiest ways to enjoy it!

★Food, Nutrition & Health Lesson

NOVEMBER LESSON CARBON MONOXIDE

October 24 (Daviess) October 25 (Henderson)
Learn what steps you can take to keep you and your loved ones safe from this dangerous gas that is all around us.

★Environment, Housing & Energy

FEBRUARY LESSON SELF-CARE AND SELF-PAMPERING

January 16 (Daviess) January 17 (Henderson)
This lesson will help you take control of your own well-being beyond the basic self-care recommendations. It will highlight healthy adornment practices that can help us feel good in the moment – from sheets to hair accessories.

★Management & Safety Lesson

APRIL LESSON HANDY TO HAVE: EMERGENCY HEALTH INFORMATION CARDS

March 19 (Daviess) March 20 (Henderson)
Would you benefit from carrying an EHI card? The information that should, and should not be on an EHI Card, and where to put copies of the card.

★Management & Safety

11:00 A.M. LESSON TRAINING

OCTOBER LESSON PLANNING THRIFTY AND HEALTHY HOLIDAY MEALS

August 22 (Daviess) August 23 (Henderson)
This lesson will focus on healthy meal planning strategies and ways to stay within your budget when preparing for a large holiday meal.

★Food, Nutrition & Health Lesson

JANUARY LESSON KEHA PLAYS PICKLEBALL

October 24 (Daviess) October 25 (Henderson)
Pickleball is America's fastest growing sport that all ages and skill levels can play. This lesson will highlight the health benefits associated with the sport and teach KEHA members how to play.

★Family & Individual Development

MARCH LESSON HEALTHY EATING AROUND THE WORLD

January 16 (Daviess) January 17 (Henderson)
We'll take a trip around the globe to learn about dietary recommendations from other countries and see how advice about a healthy diet is remarkably similar, no matter where on Earth we live.

★International

MAY LESSON UNDERSTANDING AND PREVENTING SUICIDE

March 19 (Daviess) March 20 (Henderson)
This lesson will focus on understanding some of the causes of suicide, the risk of suicide in farmers and rural communities, and how to recognize the warning signs for suicide.

★Family & Individual Development Lesson

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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



Cooperative
Extension Service

Book Corner

A Little Devil in America: Notes in Praise of Black Performance

by Hanif Abdurraqib 2021

A collection of essays which celebrate the contributions African-Americans have made to America's performing arts landscape.



Lewisport Heritage Festival Grab & Go Breakfast

June 3rd @ 7 am

Lewisport Community Center



Hancock County Extension-Family & Consumer Sciences



Find us on: **facebook**®

Also look for Hancock County Homemaker's Page!



Hawesville Homemakers will be having a Fluid Painting Class June 12 at 6:00 pm. at Kenergy! Bring any size canvas and be ready to create!



KENTUCKY STATE UNIVERSITY
Cooperative Extension Program

Angelia (Angie) Swihart

Angelia Swihart

Hancock County Extension Agent for

Family & Consumer Science Education



Contact us for more information at 270-927-6618.

Lisa Hagman

Lisa Hagman, Extension Agent for 4-H Youth Development Education– Hancock County