

Simpson County Homemaker Newsletter

MAY/JUNE 2025

 Cooperative
Extension Service



The Kentucky Extension Homemakers Association is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education.

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Contact Us:

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HELLO AND HAPPY SPRING!

AS THE DAYS GROW WARMER AND NATURE BEGINS TO BLOOM, IT'S THE PERFECT TIME TO PAUSE AND SOAK IT ALL IN. WHAT BETTER WAY TO EMBRACE THE SEASON THAN BY STEPPING OUTSIDE, ENJOYING THE SUNSHINE, AND GETTING A BIT OF EXERCISE?

DID YOU KNOW THE NATIONAL RECOMMENDATION IS 150 MINUTES OF PHYSICAL ACTIVITY EACH WEEK? A SIMPLE WALK OUTDOORS CAN DO WONDERS—IT BOOSTS YOUR MOOD, SUPPORTS BETTER SLEEP, REDUCES STRESS, STRENGTHENS YOUR IMMUNE SYSTEM, AND EVEN HELPS FIGHT OFF THE BLUES.

SO WHY NOT COMBINE IT ALL? GRAB A FRIEND OR A FAMILY MEMBER AND HEAD OUT FOR A WALK. SOMETIMES ALL IT TAKES IS A LITTLE ENCOURAGEMENT OR AN INVITATION TO GET MOVING. FRESH AIR, GREAT COMPANY, AND BETTER HEALTH—NOW THAT'S A WINNING COMBINATION!

NANCY DOYLE

SIMPSON COUNTY EXTENSION AGENT FOR
FAMILY & CONSUMER SCIENCES EDUCATION

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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Disabilities
accommodated
with prior notification.

KEHA News & Notes

2025 KEHA STATE ELECTIONS – QUALIFIED CREDENTIALS WERE RECEIVED AND NOMINATIONS ARE NOW CLOSED FOR THE FOLLOWING POSITIONS: SECRETARY AND 4-H YOUTH DEVELOPMENT CHAIR. A CANDIDATE IS STILL BEING SOUGHT FOR MANAGEMENT & SAFETY CHAIR. DETAILS AND LINKS TO THE CREDENTIAL FORM AND POSITION DESCRIPTIONS ARE AT [HTTPS://KEHA.CA.UKY.EDU/2025-STATE-BOARD-ELECTIONS](https://keha.ca.uky.edu/2025-state-board-elections). CREDENTIALS MUST BE SUBMITTED TO THE NOMINATING COMMITTEE PRIOR TO THE OPENING SESSION OF KEHA STATE MEETING ON MAY 6. EMAIL CREDENTIALS TO SECRETARY WANDA ATHA AT [WANDA.ATHA@KY.GOV](mailto:wanda.atha@ky.gov) BEFORE MAY 6, OR PRESENT THEM IN PERSON PRIOR TO 9:30 A.M. ET ON MAY 6. ANY CANDIDATES FOR THESE POSITIONS WHOSE CREDENTIALS ARE DEEMED TO BE IN ORDER WILL NEED TO BE NOMINATED FROM THE FLOOR BY A VOTING DELEGATE DURING THE BUSINESS MEETING.

QUILTS FOR COURAGEOUS KIDS – THE CENTER FOR COURAGEOUS KIDS IN SCOTTSDALE, KY., NEEDS NEW TWIN BED QUILTS. NEEDED SIZE IS APPROXIMATELY 66 INCHES BY 83 INCHES AND CAN BE HOMEMADE OR STORE BOUGHT. DROP OFF AT THE CENTER IN SCOTTSDALE OR BRING TO KEHA STATE MEETING'S COLLECTION POINT.

MEMBERSHIP TENURE RECOGNITION – COUNTY FCS AGENTS HAVE ACCESS TO KEHA MEMBERSHIP TENURE MILESTONE CERTIFICATES ONLINE THAT CAN BE PRINTED IN COLOR ON IVORY CARDSTOCK AS NEEDED.

NATIONAL VOLUNTEER OUTREACH NETWORK (NVON) CONFERENCE – THE 26TH ANNUAL NVON CONFERENCE WILL BE JULY 8-10, 2025, IN SPRINGFIELD, IL. ANY KEHA MEMBER IS ELIGIBLE TO REGISTER AND ATTEND. MEETING DETAILS ARE AVAILABLE AT [HTTPS://WWW.NVON.ORG/NVON-CONFERENCE/](https://www.nvon.org/nvon-conference/). MEETING REGISTRATION DEADLINE IS JUNE 1 AND HOTEL REGISTRATION DEADLINE IS JUNE 7.

DATES TO REMEMBER

APRIL 23 – VOTING DELEGATES RECEIVE PACKETS FOR REVIEW.

MAY 6-8 – KEHA STATE MEETING IN LEXINGTON, KY.

MAY 15 – 990N DEADLINE FOR 501(C)(3) ORGANIZATIONS WITH FISCAL YEAR ENDING DEC. 31.

JUNE 1 – REGISTRATION DEADLINE FOR NVON CONFERENCE.

JUNE 7 – REGISTRATION DEADLINE FOR NVON HOTEL.

JULY 8-10 – NVON CONFERENCE IN SPRINGFIELD, IL.

2025 KEHA Information

GOOD LUCK TO OUR CULTURAL
ARTS WINNERS FROM THE
MAMMOTH CAVE AREA LAST FALL.

Simpson County Homemakers Happenings



Thought of the Month:

"There's no load I can't 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

~Rascall Flatts

Roll Call:

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



Simpson County Homemakers, Sages of All Ages, have had an exciting 2025 so far. Check out some of their club meetings. If you would like to show off your club, send pictures to simpson.ext@uky.edu



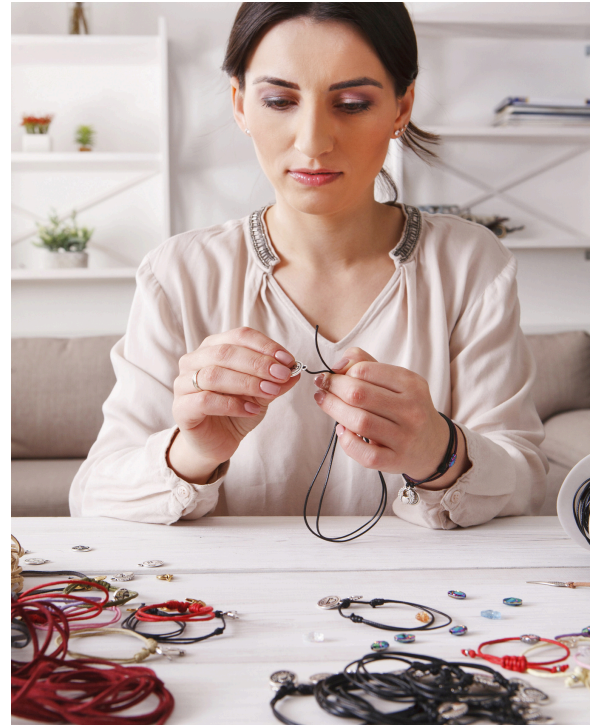
Homemaker Leader Trainings

Homemaker Leader Trainings are held the first Wednesday of every month at 10:00 a.m.

Due to many At Large/Mailbox members, all are invited to the Leader Trainings.

May Lesson: Travel Safety
Wednesday, May 1st

June Lesson: Jewelry Making
Wednesday, June 4th



Cooking through the Calendar

FCS Agent, Nancy Doyle, will hold monthly recipe demonstrations and tastings during 2025. Everyone is welcome to come!

First Friday Monthly - 11 am
Simpson County Extension Office
May - Banana Pancakes (May 2)
June- Rice & Bean Salad (June 6)

Franklin-Simpson Farmer's Market is open for the Season:

THE FRANKLIN-SIMPSON FARMER'S MARKET IS NOW OPEN FOR THE 2025 SEASON

HOURS ARE:

TUESDAY & THURSDAYS 8:00 AM - 4:00 PM

SATURDAYS 8:00 AM - 2:00 PM



Extension Office Happenings

Container Garden Giveaway

Tuesday, May 13th 3:00 pm- 5:00 pm or until gone
Kit includes 5 gallon bucket, potting soil, tomato plant, recipes and more!

Franklin-Simpson Farmer's Market
304 N Main St Franklin, KY 42134

Limited quantities available, **GARDEN**

~First come first served.

~One kit per car

~No Call aheads

~Simpson Co. residents only

Special thanks to our kit
sponsor:

TSC Distribution Center



For more information, call 270-586-4484

SIMPSON COUNTY EXTENSION HOMESTEADING 101: SESSION 3

BEEKEEPING

FOR BEGINNERS

Presented by:

Butler County Extension Agent for Agriculture
and Natural Resources, Greg Drake

Tuesday, June 3rd, 6:00 pm

Blewett Bradley Building

309 N High St. Franklin, KY

Have you always had interest in beekeeping, but don't know
where to begin? Join us for tips & tricks to start beekeeping
on your own.

Call the Simpson County Extension Office to register at
270-586-4484

Friday, May 16th, 2025
10:30 a.m. - 1:00 p.m.

4-H RIBEYE SALE

**Ribeye Sandwich,
Chips and Drink \$12.00**

Location: Farmers' Market Pavillion

Walk-ups or Delivery Available!

For preordering or questions

call (270) 586-4484.

Please pre-order by

Monday, May 12



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



Farmer's Market Senior Voucher Distribution

Eligibility for Senior Participants: Simpson County
resident, 60+ at day of issuance, must provide proof
of age, must meet the income criteria which is less
than or equal to 185% of the poverty level

May 6th
9am- 12pm

Franklin-Simpson
Farmer's Market
304 N Main St
Franklin, KY

For more information, call the Extension
Office at 270-586-4484

Dates to Remember

May 1 - Homemaker Leader Training
10:00 am

May 2- Cooking through the Calendar
11:00 am

May 6- Farmer's Market Senior Voucher
Signup 9:00 am - 12:00 pm, FS Farmer's
Market

May 6-8 - KEHA State Meeting, Lexington

May 9 - Lunch on the Lawn, 11:00 am - 1:00
pm, Court House Lawn

May 11 - Mother's Day

May 13 - Plant Giveaway, 3:00 pm- 5:00 pm,
FS Farmer's Market

May 15 - Homemaker Council Meeting
10:00 am

May 16 - 4-H Ribeye Sale 10:00 am -1:00 pm,
FS Farmer's Market Pavillion

May 24- Spring Fling Vendor Event, 8:00 am
-2:00 pm, FS Farmer's Market

May 25 - FSHS Graduation, 5:00 pm Diddle
Arena

May 26 - Memorial Day, SCEO closed

June 3- Homesteading 101: Beginning
Beekeeping

June 4- Homemaker Leader Training
10:00 am

June 6- Cooking Through the Calendar

June 19- Juneteenth, SCEO Closed



May is...

Mental Health Awareness Month

Skin Cancer Awareness Month

ALS Awareness Month

National Photography Month

National Stroke Awareness Month

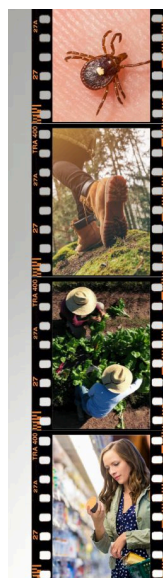
National Strawberry Month

**Looking for
Recipes?
Check out
Plan. Eat. Move
by scanning
the QR Code**



Alpha-Gal Webinar

**The University of Kentucky will be
presenting a webinar on Living with
Alpha-Gal Syndrome. To register, scan
the QR Code with your phone's camera.**



Living with Alpha-gal Syndrome

When: Thursday, May 29

Time: 7:00 PM EDT/6:00 PM CDT

Where: Zoom

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



 **Martin-Gatton**
College of Agriculture,
Food and Environment

MAMMOTH CAVE AREA: FAMILY & CONSUMER SCIENCES

Make a Family Preparedness Plan

A family preparedness plan is essential for ensuring the safety and well-being of loved ones during emergencies and disasters. This proactive approach provides clear guidance on communication, evacuation, and accessing essential resources, alleviating anxiety and mitigating risks when crisis strikes. By creating and practicing a plan together, families feel empowered and confident in their ability to respond effectively.



The following tips can help you create your own.

Discuss the following questions with your family:

How will I receive emergency alerts and warnings?

Some options include Wireless emergency alerts, NOAA weather radio, Public alert and warning system (IPAWS - FEMA's national warning system), FEMA mobile app What is my shelter plan? (I.e.: storm tornadoes, pandemic, etc.)

*Shelter in place (i.e.: home, work, etc.) to avoid contamination outside, go to an interior room with few windows, seal all windows/doors/gaps, and turn off fans, AC, and air heating systems *Mass care shelters provide food, water, medicine, sanitation to a large population

*Still bring your Emergency Supply Kit

*Many do not allow pets

*Search for open shelters: by texting "SHELTER" and your ZIP code to 43362

Example: Shelter 01234

What is my evacuation route?

*Know your local disaster plans and identify evacuation routes and destinations before evacuating

*Keep informed with a battery-powered radio, pack essential supplies, and secure your home before leaving

*After evacuation, check with officials, inform loved ones of your whereabouts, and avoid hazards when returning home

Consider specific needs in your household:

*Discuss your individual family member living needs and responsibilities

*Decide how people in the network can assist each other with communication, care of children, business, pets or specific needs like operating medical equipment

*Keep these factors in mind when creating the plan:

*Household ages

*Responsibilities for assisting others

*Locations frequented

*Dietary and Medical needs including prescriptions and equipment Disabilities / functional needs (devices and equipment) Languages spoken Cultural and religious considerations

*Pets or service animals

Megan Treadway

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Spring Word Search

BUTTERFLY
BEACH
MOTHER
SUNSHINE
FLOWER
VEGETABLES
GARDEN
SUMMER
TULIP
SPRING



D	G	F	R	E	M	M	U	S	F	O	B	S	L
N	R	W	R	E	S	M	F	B	T	O	F	E	T
G	R	M	M	E	A	O	L	U	U	E	G	L	S
N	U	S	Y	E	R	T	O	T	L	U	S	B	E
I	A	E	T	S	F	H	W	T	W	O	U	A	E
R	I	M	B	O	B	E	E	E	R	N	N	T	U
P	A	W	E	R	G	R	R	R	R	L	S	E	F
S	E	G	S	D	B	S	B	F	L	Y	H	G	L
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E	M	T	R	D	B	I	C	Y	S	E	N	V	E
E	T	B	C	T	I	E	L	L	S	U	E	W	W
B	A	U	E	U	N	D	A	U	F	U	T	B	E
D	C	E	E	E	G	L	E	C	T	P	H	I	N
S	S	I	G	A	R	D	E	N	H	R	S	M	E

Broccoli and Beef Stir-Fry

Did you know that May is national Beef Month? Here's a delicious recipe to try out!
Source: Plate It Up KY Proud, UK Cooperative Extension



Broccoli and Beef Stir-Fry

1 pound lean beef steak, sliced diagonally across the grain into thin strips

1 tablespoon plus ½ cup stir-fry sauce

1 clove minced garlic

4 tablespoons canola oil, divided

1 medium red onion, cut into ½ inch dice

1 sweet red pepper, cut into ½ inch dice

1 medium yellow

squash, cut into ¼ inch slices

2 cups fresh broccoli florets

1 cup cauliflower florets

½ teaspoon crushed red pepper flakes

1. Combine 1 tablespoon stir-fry sauce and minced garlic in a bowl. **Add** the beef strips. Let stand 15 minutes.

2. Heat 1 tablespoon canola oil in a large skillet or wok.

3. Add beef and stir fry for one minute. **Remove** beef from skillet.

4. Heat the remaining 3 tablespoons canola oil in the skillet or wok. **Add** vegetables. **Stir-fry** for four minutes or until vegetables are crisp-tender.

5. Return beef to skillet.

6. Add the remaining ½ cup stir-fry sauce and red pepper flakes. **Cook** and

stir 1 to 2 minutes longer, until heated through.

Yield: 8, 1 cup servings
Nutrition Analysis: 180 calories; 10 g fat; 1.5 g saturated fat; 0 g trans fat; 25 mg cholesterol; 630 mg sodium; 9 g carbohydrate; 2 g fiber; 3 g sugar; 15 g protein.
90% recommended allowance for vitamin C.

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



Add Physical Activity at Home

- Add Activity to Daily Chores: Make sure to move around while cooking, cleaning, or doing other household tasks.