



Don't Forget Dad!

Father's Day is June 21st.



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**Relay For Life is
 Friday, June 12th**



**starting
 at 6 pm.**

**Cakes/
 Pies are needed for
 the cake walk. Con-
 tact: Misty or Debbie
 at Extension Office**

Cumberland County Extension Homemakers

JUNE 2009

WHAT A CAKE !!!!

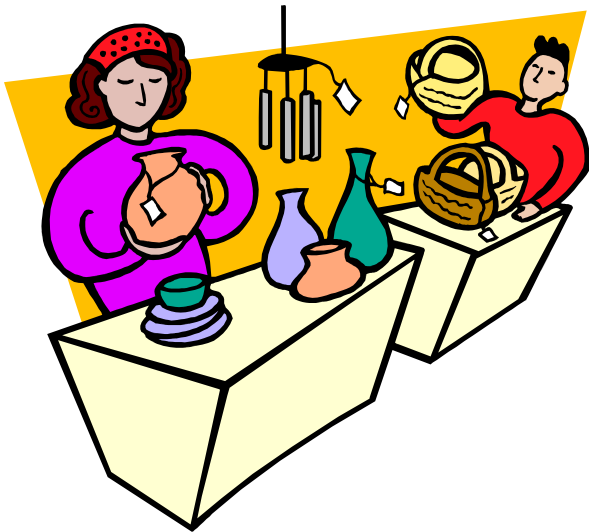
How many cakes would it take to feed the community? Well, that is the challenge put forth to Homemakers for the 4H 100 Year Celebration. The magic number was 26 and what a cake it was. I am convinced that there is no challenge that Homemakers cannot meet. If you saw the cake, then I do not have to tell you how amazing it was. A very big THANK YOU goes out to all who baked a cake, helped to assemble, decorate, and serve.



CLUB MEETING DATES

- Hegira: June 1st @ 4pm to Dine Out.**
- Kettle: June 2nd - Leave Extension office @ 9am for outing.**
- Co-Workers: June 8th Meet at Extension office at 5:30pm to depart for Dale Hollow Lake State Park**
- Station #2: June 11th-Leave 5:30pm from Highland Chapel to carpool to Colton's in Glasgow.**
- Quilt Guild: June 18th @ 9:30am at Housing Authority**
- Krafty Kritters: June 15th -Leave from Christian Church at 5:30pm to go to Dale Hollow Lake State Resort Park .**

HOMEMAKERS DAY OUT



I have been speaking with several individuals and businesses from neighboring counties in an effort to plan a Homemakers Day Out. The date is July 18th and I hope that you will mark it on your calendars and plan to attend. For this event, I will not be asking you to bake, donate, set up, or clean up. So, you get to come out

and simply enjoy. I really want you to know how much you are appreciated. *Eli's On The Square* from Albany will be catering a lunch and doing small crafts with us. There will be a small cost for the meal and crafts. I am also hoping to have some other demonstrations and a couple of vendors. Those details are still being worked out. I will be sending out registration forms for this later in the month. The hours are 8 am-2 pm and will be held at the Veteran's Community Center.

SCHOLARSHIP WINNERS

Congratulations to the following well deserving seniors who have been awarded scholarships from this years Homemaker Scholarship Fund:



Kurtis Claywell
Jordan Henson
Kendra McIntyre
Amber Moore

Congratulations!

HERITAGE SKILLS

Whether you are looking for new hobby for yourself, gifts for others, or you just need a relaxing weekend away from routine and television, Heritage Skills Retreat may be just what you need!

This annual event is produced by the Lake Cumberland Area Extension Agents for Family & Consumer Sciences and some dedicated and talented volunteers. It is held at the Kentucky Leadership Center in Jabez, Kentucky in the lodge adjoining 4-H Camp and beautiful Lake Cumberland. We have several activities planned this year including over 30 heritage skills classes, a Bazaar, Make It, Take It session, Finish Your Project Night and lots more.

This year's event, August 28th and 29th, is full of wonderful classes including basket making, spinning yarn, and painting among many others. If you bring a friend, or if you are new to Heritage Skills Retreat, you will receive an extra special welcome gift. And that's just one perk of attending this year's retreat!

Packets for Heritage Skills Retreat which include a complete list of classes with pictures, a registration form and a welcome letter will be available at your local County Extension Office.

You can also find a complete list of classes with pictures and the registration form from any of the following websites:

Green County FCS Website - <http://ces2.ca.uky.edu/green/FamilyConsumerSciences>

Kentucky Leadership Center - <http://www.ca.uky.edu/agcollege/4h/klc/>

If you have any question please contact Audrey Myers, Green County Family and Consumer Sciences Agent, at audrey.myers@uky.edu or 270-932-5311. Hope to see you there!

*****I HAVE INCLUDED THE REGISTRATION FORM FOR YOUR CONVENIENCE.

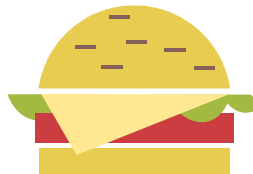


Recipe

STUFFED TURKEY BURGERS

Ingredients

- 1/4 pounds lean ground turkey breast
- 1/2 cup chopped roasted red peppers
- 1/2 cup shredded part-skim mozzarella cheese
- 1/4 teaspoons salt
- Freshly ground black pepper



Directions

Divide turkey into 4 equal sized rounds. Make 2 equal sized patties out of each round so you have 8 patties total. Sprinkle 4 of the patties with 2 table-spoons red peppers and cheese, and top with remaining patties, working the turkey around the edges to seal burgers closed. Season with salt and a few grinds of pepper. Grill or broil until cooked through, about 5 minutes per side.

I've included a copy of a letter I recently received from the Markey Cancer Center in Lexington. As you probably already know, a portion of our annual dues is donated to the center for research ovarian cancer. Give yourselves a pat on the back for doing what you can to fight this terrible disease.

With that in mind, please know that our county makes several appointments throughout the year to have annual ovarian cancer screening done at the Markey Cancer Center. It is free of charge and groups usually carpool. Typically, appointments are in May, August, October, and December.

If you would like more information or to make an appointment, contact me at the Extension Office.

CONTACT US:

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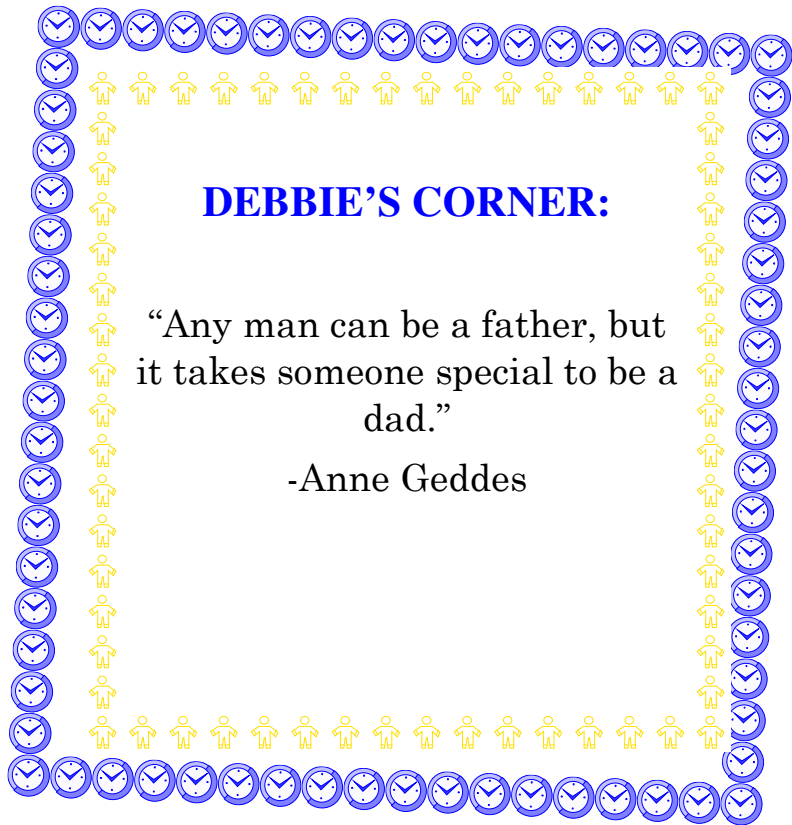
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Cumberland Co. Extension Agent
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Debbie Messenger

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DEBBIE'S CORNER:

“Any man can be a father, but it takes someone special to be a dad.”

-Anne Geddes

VOLUNTEERS NEEDED

4H is having some summer events for youth. I am looking for a few people to help out with snacks for several days in July. Lunches are being provided, but they may need servers. If you be willing to help, please contact me. Thank you in advance.



HAVE A GREAT SUMMER!

