

Cooperative Extension Service
Franklin County
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FCS Newsletter

May 2009

May 4

Swallowfield, 7:00 p.m., Teresa Fisher
West End, 6:30 p.m., Peggy Thompson,
Extension Office

May 5

Sunny Morning, 10 a.m., Donna Maston

May 6

Louisville Road, 10 a.m., Anne Velderman
Meadows, 6 p.m., Suzanne Renaud

May 7

Peaks Mill, 10:30 a.m., Ann Dean, Extension
Office
S & S, 6:00 p.m., Georgia Dunigan
Springhill, 11:30 a.m., Shirley Black
Switzer, ? p.m., Nellie Cardwell

May 12

Cloverdale, 7:00 p.m., Recca Carver

May 13

Country Lane, 9:30 a.m., Judy Mason

May 14

Ridgeview, 11:00 a.m., Jane Kelly

May 15

Golden Angels, 1:00 p.m. Emily Apartments

May 18

Random, Noon, Wilma Yeary, Extension
Office

May 19

College Park, 1:00p.m., Karen McDaniel

May 20

Indian Hills, 10:30 a.m., Cleveland House,
Versailles

Roll Call: How do you celebrate Memorial
Day?

May Lesson

Ageless Exercise

Ladies have fun this month learning how
you can enjoy exercising at your own pace
and ability.

KEHA State Meeting

Arlene Fluegge and Liz
Hutchinson served as voting
delegates at the 2009
Kentucky Extension Homemakers
Association's Annual Meeting in Fort
Mitchell. We hope you will attend next year's
meeting in Lexington, KY.



Cultural Arts Winners KEHA State Meeting

Blue Ribbons Winners

Marilyn Davis - Doll/Toy making – Cloth

Marilyn Clayton - Embroidery – Tatting/lace
making

Marilyn Clayton – Embroidery - Smocking

Gayle Simpson – Embroidery Machine

Norma Wigglesworth – Counted Cross Stitch

HOMEMAKER OF THE YEAR

Congratulations to the following ladies were nominated for Franklin County Homemaker of the Year! I would also like to thank the following clubs for submitting nominees.

Wanda Atha (West End)
Marilyn Clayton (Random)
JoDee Layman (Louisville Road)
Rene' Siria (Cloverdale)
Barbara Sonnen (Ridgeview)
Dorothy Wilson (Indian Hills)

New Members Club Award

Did your club increase its membership in 2008-2009? If so, please call Gil Thurman with that information.

The club with the highest increase will be treated to a special lunch during one of their meetings at the Franklin Co. Extension Office.

Homemaker Dues 2009-2010

Mailbox and regular club members are dues on July 1, 2009 for 2009-2010. The amount for membership is \$8.50. **Please send dues payments to Liz Hutchinson, Homemaker Treasurer.**

Become a Leader by Sharing Your Skills

If you are you interested in forming a special interest club, e.g., a diabetic cooking club,

crochet/knitting club, etc. or teach a craft please contact me.

County Homemakers Annual Meeting

76th Co. Homemakers Annual Meeting
Monday, May 11, 5:30 p.m.,
Co. Extension Office, Rm. E/F

Cost - \$12.00 (Tickets are now available)

Reservation Deadline - **May 7th**

5:30 p.m. Registration Cost: \$12.00

6:00 p.m. Dinner

6:30 - 7:30 p.m. Meeting

Theme – "Reaching for the Stars!"

Speaker: Dr. Ann Vail will talk about the Kentucky Academy.

Club Presidents may collect reservations for their club members and bring them to the office with names and money by May 7. Make check payable to Franklin County Homemakers.

Club theme baskets are due by 12:00 noon on May 11th. Bring money so that you don't miss your chance to bid on your favorite basket!

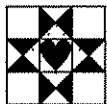
We are going to give half of the proceeds from the Theme Baskets to Ovarian Cancer and half to the Kentucky Academy in Ghana project.



Reading and Perfect Attendance

Please submit the names of club members who should receive recognition for reading and perfect attendance by **May 7th**.

Central KY Homemakers Quilt Guild



May 26, 7:00 p.m. Visitors are welcome. Extension Office.

May Special Interest Classes

Sign up now! Let's have a good time

A Taste of Thai Cooking with Marissa (Jessamine Co. FCS Agent)

June 2
5:30 p.m.
Cost - \$3.00

M.A.D.E. Workshop: Mothers And Daughters Engaging Through Communication and Connection (Moms with Daughters 12-16)

June 6
9:00 a.m. – 3:00p.m. Fun! Fun! Fun!
Cost: \$10.00 per person (Registration
now being accepted) Registration brochure
is online at
<http://ces2.ca.uky.edu/franklin/UpcomingEvents>.

Guest Speakers, luncheon and a special
presentation including a keynote address by
Emily Cox, Miss Kentucky 2008.

Canning, Drying and Freezing

June 18
5:00 – 7:00 p.m.

Quick Fixes with Mixes

July 28
5:30-7:30
Cost. \$3.00

The Thrill of the Chill:

August 14, 2009
Cost: \$3.00

Prepare your favorite cool summer salad or dessert. We'll taste, talk, play a game or two and have a great fellowship. Invite a friend.

Send your recipe to the office and we will put them together as a handout for everyone to take home.

Floral Twist Basket Quilt

May 18
9:30 a.m.-3:00 p.m.

This quilt is a spring block, using log cabin strips to build the basket for a surprise. The playful prairie points make up the accent of this spring basket. It can be a pillow or a wall hanging and an opportunity to use up your material stash on this project. Cost: \$10.00. Instructor: Judith Ricks.

RECEIVE FCS E-NEWSLETTER

If you would like to receive your newsletter via e-mail instead of the paper version please let Gil or Wanda know. Just phone with your name and e-mail address. You may also send in an e-mail request.

gil.thurman@uky.edu
wanda.ellis@uky.edu

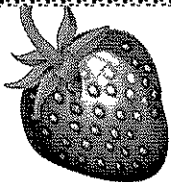
PASTA PIZAZZ PARTY



Join us for some fun and food while learning about pasta varieties. Door prizes, food tasting and fun!

\$3.00
May 14, 2009
6:00 p.m.
101 Lakeview Court

RECIPE OF THE MONTH



Strawberry Trifle

14 ounce angel food cake
18 ounce jar strawberry preserves
2 3 ½ ounce box vanilla instant pudding
2 cups milk
8 ounce sour cream
1 teaspoon vanilla extract
8 ounce whipped topping
½ cup nuts, chopped
Fresh strawberries

Slice half of angel food cake into 1/2" slices; spread 1 cup preserves over slices. Line bottom and sides of TRIFLE bowl with cake.

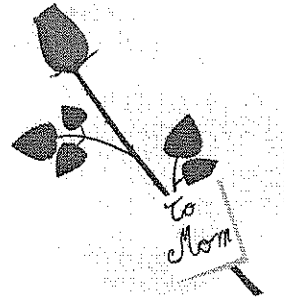
Combine pudding mix with milk and beat until blended; stir in vanilla. Fold in sour

cream and whipped topping. Pour half of pudding mixture into trifle bowl over cake. Cut remaining half of cake into cubes.

Arrange cake cubes over pudding; spread with remaining preserves. Top with pudding mixture and sprinkle nuts in center. Top with fresh strawberries.

Refrigerate. Serves 12-15

Arlene Fluegge



Have a blessed and enjoyable Mothers' Day!

Sincerely,

Tamera Thomas

Tamera Thomas, County Extension Agent
for Family and Consumer Sciences

Five Facts About Diabetes

by Griffin P. Rodgers,
M.D., M.A.C.P.,
Director, National
Institute of Diabetes
and Digestive and
Kidney Diseases
(NIDDK)

With so much health information readily available, it's often hard for the 24 million Americans living with diabetes to separate fact from fiction. To help people with diabetes better understand how to manage the disease, the National Diabetes Education Program provides five facts about diabetes.

Fact #1: Diabetes is a serious disease. It can lead to serious complications such as heart attack, stroke, blindness, kidney failure, and lower limb amputations. People with diabetes can take steps to manage it and lower their risk for complications. Make healthy food choices, be physically active, and stay at a healthy weight. Good diabetes care includes managing the ABCs of diabetes – as measured by the A1C test, blood pressure, and cholesterol – to help avoid having a heart attack, stroke, or other problems.

Fact #2: The only way to know for sure what your levels are is to check your blood glucose. The absence of symptoms of high blood glucose is an unreliable guide for judging glucose control, since symptoms do not occur until blood glucose reaches high levels. Diabetes is often called a “silent disease” because it can cause serious complications even before you have symptoms. Set your blood glucose targets with your diabetes care team. Ask your health care team to show you how to self-monitor your blood glucose. Keep a record of your results, and share them with your team. Also, know your A1C goal and keep a record of your test results, which reflect your average blood glucose levels over the past three months. It is the best way to know how well your blood glucose is controlled overall.

Fact #3: Small amounts of foods that contain sugar can be part of a healthy meal plan. If you choose to eat sweet foods, just have a small amount at the end of a healthy meal, not every day, or have a piece of fruit rather than a sugary snack.

Fact #4: A healthy meal plan for people with diabetes is a healthy meal plan for everyone. Eat foods that are high in fiber and low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars. Healthy foods include a colorful mix of fruits and vegetables, fish, lean meats, chicken or turkey without the skin, dry peas or beans, whole grains, and low-fat or skim milk and cheese. Ask your health care team for a healthy meal plan.

Fact #5: Physical activity is safe – and essential – for people with diabetes. Talk to your health care team about ways to safely increase your daily physical activity. Being physically active can help people with diabetes improve their blood glucose, cholesterol, blood pressure, and weight. It also helps improve strength, flexibility, and balance. Start by setting small goals until you reach at least 30 to 60 minutes of physical activity on most days of the week. Brisk walking is a good way to move more.

For more information about diabetes, download or order the free *Tips to Help You Stay Healthy* tip sheet developed by the National Diabetes Education Program at <http://www.YourDiabetesInfo.org> or call 1-888-693-NDEP (6337); TTY: 1-866-569-1162.

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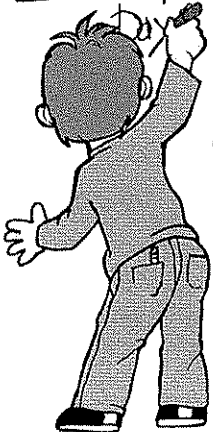
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Mother's Day in the United States

The United States celebrates Mother's Day on the second Sunday in May. In the United States, Mother's Day was loosely inspired by the British day and was imported by social activist Julia Ward Howe after the American Civil War. However, it was intended as a call to unite women against war. In 1870, she wrote the Mother's Day Proclamation as a call for peace and disarmament. Howe failed in her attempt to get formal recognition of a Mother's Day for Peace. Her idea was influenced by Ann Jarvis, a young Appalachian homemaker who, starting in 1858, had attempted to improve sanitation through what she called Mothers' Work Days. She organized women throughout the Civil War to work for better sanitary conditions for both sides, and in 1868 she began work to reconcile Union and Confederate neighbors. In parts of the United States it is customary to plant tomatoes outdoors after Mother's Day (and not before).



When Jarvis died in 1907, her daughter, named Anna Jarvis, started the crusade to found a memorial day for women. The first such Mother's Day was celebrated in Grafton, West Virginia, on 10 May 1908, in the church where the elder Ann Jarvis had taught Sunday School. Originally the Andrews Methodist Episcopal Church, this building is now the International Mother's Day Shrine (a National Historic Landmark). From there, the custom caught on — spreading eventually to 45 states. The holiday was declared officially by some states beginning in 1912. In 1914 President Woodrow Wilson declared the first national Mother's Day, as a day for American citizens to show the flag in honor of those mothers whose sons had died in war.

Nine years after the first official Mother's Day, commercialization of the U.S. holiday became so rampant that Anna Jarvis herself became a major opponent of what the holiday had become. Mother's Day continues to this day to be one of the most commercially successful U.S. occasions. According to the National Restaurant Association, Mother's Day is now the most popular day of the year to dine out at a restaurant in the United States.



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