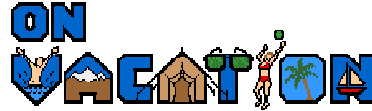


Family & Consumer Science Newsletter

A Note from Michelle...

Even though summer is just around the corner and I'm going on vacation for 2 weeks, please don't take a vacation from all the wonderful things we have going on in Homemakers in the upcoming months. I am putting calendars for June and July on the back of this newsletter, so please put it on your fridge so you won't forget anything. Have a safe and happy summer!



Homemaker Notes

Congratulations to Margaret Hunter and Lois Pogue for receiving blue ribbons at the State Homemaker Meeting on their items. Also, congratulations to Jeanne Smith, who received green ribbons.

The Homemakers are planning a day trip to the **Natural Bridge and Clay City** on Thursday, June 11th. We will leave from the Extension Office at 8:30 am. Be aware that there will be lots of walking and climbing involved. If you wish to go, call 287-7693 by June 8th to pre-register.

Tuesday, June 23 at 6 pm, Homemaker Picnic & Auction, Gray Hawk Park. Please bring a covered dish and a friend!

The Area Meeting Decorating Committee will meet on **June 30th at 1 pm** to continue with the decoration plans. Lunch will be served. Everyone is invited to help with the planning.

We have tentative plans to study Sweden at our **International Dinner** on August 6th. Whichever country we decide on, be looking for your recipe to arrive in the mail before that date!

Upcoming Events

Thursday, June 25th from 10 am—2 pm—Oval Nantucket Basket Workshop. Darlene Sparks, former FCS Agent, will be the instructor. The cost to make this basket will be \$15. **You MUST pre-register by June 12 by calling 287-7693.**



July 22, Canning Workshop for Begin-

ners, 10 am. Anyone wishing to learn how to can their own foods, can attend this workshop. Learn the correct and safe way to can, using research-based methods that are proven to be safe. Many people don't realize that at least 1 person per year dies in Kentucky from food poisoning from canned foods that have not been processed properly. Don't be a statistic!!!

June Dates to Remember

- 11th—Natural Bridge Trip, 8:30 am, Extension Office**
- 12th—Deadline to register for Oval Nantucket Basket Class**
- 23rd—Homemaker Picnic, 6 pm**
- 25th—Oval Nantucket Basket Class, 10 am, \$15**
- 30th—Area Homemaker Meeting Decorating Committee, 1 pm**

July Dates to Remember

- 3rd—Extension Office Closed for Independence Day**
- 22nd—Canning Workshop for Beginners**



Homemaker Picnic and Auction

The Jackson County Homemaker's Annual Picnic will be held on Tuesday, June 23rd, 6 pm at the Gray Hawk Park. All homemakers are invited to attend and bring a covered dish. The Extension Office will provide chicken, bread, drinks and paper products. We will also have our funny money auction. If you will recall, for every way you have participated as a homemaker, you have received a set amount of "funny money." We have been keeping track of all the ways you have participated this year and will have each of your "funny money" ready for the picnic. We have gathered some items and will be auctioning them off during the picnic, but we are look-

ing for items. If you can donate some "white elephant" items for the auction, please bring them to the Extension Office by June 19th. The Homemaker Council will again be hiding a \$25 gift card, (2) \$10 gift cards and a \$5 gift card in the items that will be auctioned off. Hopefully you have participated as much as possible in the past year and will have lots of funny money to bid with. I've been reassured that Sharon Witt has more than \$12 this time. Don't miss it this year!! Bring a friend!!



Water Aerobics

We are making tentative plans to host a water aerobics class at the Jackson Ministries pool beginning on Monday, June 15th. This is contingent on their pool being up and ready to go, as the state's requirements have become more stringent this year. If we can proceed, the cost will be \$25 to join and the classes will be offered 3 days a week, in the morning and in the evening. For more information or to complete the necessary paperwork, stop by or call the Extension Office at 287-7693.



Homemaker Trip

A Homemaker Trip to the Natural Bridge and then to Clay City for lunch is planned for Thursday, June 11th. We will be leaving from the Extension Office at 8:30 am. If you can drive or would like to attend, please call me by June 8th. There will be lots of walking and climbing on this trip, so please be aware of this requirement. I've never been to the Natural Bridge, so I'm very excited. I hope you can attend!!



Quilt Trail Project

We need your help to keep the Quilt Trail Project going. If you can help, please call Carolyn Carroll at 287-7018 or call me. We recently hung two quilt blocks, one at the Big Hill Welcome Center and another at Fletcher and Anne Gabbard's barn on Hwy 89. Please don't let this wonderful project die!!!!



Helpful Hints

Monitor Extension and Appliance Cords

Look at these cords often to see if they are fraying or showing signs of wear and tear because that can be dangerous by shorting out and causing a fire. Never run extension cords under rugs!-
Hints by Heloise



Grandparents Raising Grandchildren

Across the United States, a growing number of grandparents are raising their grandchildren. In Kentucky, more than 35,000 grandparents responsible for meeting the basic needs of their grandchildren, and the numbers continue to grow.

Raising a grandchild after raising your own children can be very difficult, but also very rewarding. Below are some important tips to consider when parenting a grandchild.

Seek out support and information. Numerous support groups focus on helping grandparents cope with raising a grandchild and the feelings and emotions that come with this duty. These groups are very important as they provide a place for people to give and receive both emotional and practical support as well as the opportunity to exchange information. One such group has been started in Jackson County at the KCEOC Headstart Program. To learn more, call 287-3926.

Take care of your own health. If you are sick, you won't be able take care of your grandchildren, and they need you. Find ways to keep yourself healthy: face your feelings, guard your health, find time for yourself and for fun, exercise, and ask people for help or respite. Do what you can to relieve stress and take breaks from around-the-clock caregiving by

accepting help from friends and family.

Make grandchildren feel loved and important. Feeling unloved or unwanted can cause emotional and psychological problems for a child, which may cause them to inappropriately act out or harbor negative or guilty feelings. Therefore, it is very important that you create a relationship with them to ensure their sense of security and to support positive development. You can help them develop self-confidence, self-identity and self-respect. Never make them feel like they are a burden to you in any way. Reassure them they are loved through affection and verbal praise.

Know your legal status. Despite raising a grandchild for a period of time, the legal system does not automatically grant grandparents rights to make health, education and legal decisions. It is important to have open communication with your adult children in addition to understanding your legal rights in regard to what is in the best interest of the child. Ask an attorney who practices family law to help you determine whether or not it would be beneficial for you and the child to become the grandchild's legal guardian.



Recipe Corner—Summer Veggie Recipe

Okra and Green Beans

Makes 6 Servings

Ingredients

1 lb okra, uncut
1 Tbsp olive oil
1 medium onion, diced
1 lb fresh green beans
2 large garlic cloves, crushed then chopped
1 cup water
½ tsp salt
½ tsp ground pepper
1 6-ounce can tomato paste



Wash okra pods, trim stems, do not remove caps. Rinse well and drain. Wash beans and cut into 3 inch lengths. Combine water, tomato paste, olive oil, onion, garlic, salt

and pepper in a sauce pan and mix well. Heat, stirring frequently, until mixture comes to boil. Add okra and beans and additional water if necessary to almost cover vegetables.

Reduce heat to low, cover and simmer gently until vegetables are crisp-tender, 20 to 30 minutes. Serve it warm or cold. This dish can also be oven-baked. Instead of simmering, lightly cover with aluminum foil and bake for 30 minutes at 350°F.

Nutritional analysis per serving: Calories 106, Protein 5g, Fat 3g, Calories From Fat 19%, Cholesterol 0mg, Carbohydrates 19g, Fiber 7g, Sodium 187mg.

Source: University of Illinois Extension

June 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Quilt Trail Painting, 4—6 pm	2	3	4	5	6
7	8 Quilt Trail Painting, 4—6 pm	9	10	11 Homemaker Trip to Natural Bridge, 8:30 am	12 Deadline to register for Nantucket Basket class	13
14	15 Water Aerobics <u>Start, hopefully!</u> Quilt Trail Painting, 4—6 pm	16	17	18	19 White Elephants items for auction due	20
21	22 McKee Manor <u>HM's, 2 pm</u> Quilt Trail Painting, 4—6 pm	23 Homemaker Picnic, 6 pm, Gray Hawk Park	24	25 Nantucket Basket, 10 am, \$15	26	27
28	29 Quilt Trail Painting, 4—6 pm	30 Area Mtg. Planning Committee, 1 pm				

July 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Extension Office Closed	4 
5	6 Quilt Trail Painting, 4—6 pm	7	8	9	10	11
12	13 Quilt Trail <u>Painting, 4—6 pm</u> Gray Hawk HM's, 4 pm, Scrapbooking	14	15	16 Northern Jackson Co. HM's, Connie's house, making soap	17	18
19	20 Quilt Trail <u>Painting, 4—6 pm</u> McKee Manor HM's, 2 pm	21	22 Canning Workshop for Beginners, 10 am	23	24	25
26	27 Quilt Trail Painting, 4—6 pm	28	29	30	31	

Sincerely,

Michelle W. Smith
CEA for FCS



Disabilities accommodated with prior notification



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