

**FAMILY & CONSUMER SCIENCES**

# McLean County Homemaker Newsletter

**Cooperative  
Extension Service**  
*McLean County*  
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By: Amber Meeks, County Extension Agent  
for Family & Consumer Sciences

**April 2011**

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| <ul style="list-style-type: none"> <li>4 Cultural Arts due to County for County Judging</li> <li>4-8 Public Health Week</li> <li>5-21 Every Tuesday and Thursday from 5:00 – 6:00 pm a Free Exercise Class will be going on at the Extension Office</li> <li>6 Fresh Tomato Day</li> <li>7 Herb Lesson 2:00 – 4:00 pm at Extension Office</li> <li>10-16 National Health Information Privacy and Security Week</li> <li>11-15 Garden Week and Egg Salad Week</li> <li>12 Area Homemaker Council Meeting in Daviess County. Area Cultural Arts will be judged.</li> <li>12 Grilled Cheese Sandwich Day</li> <li>14 Nuckols Club Meeting will be at Helen Willis' at 11:00am</li> <li>14 Friendship Club Meeting at the State Fire Training Center at 6:30pm</li> <li>16 Day of the Mushroom</li> <li>18-24 National Minority Cancer Awareness Week and National Volunteer Week</li> </ul> | <ul style="list-style-type: none"> <li>19 Garlic Day</li> <li>19 Glennville Club Meeting at Shirley Wilkerson's at 2:00pm</li> <li>19 Beech Grove Club Meeting at Extension Office at 1:00pm</li> <li>20 Administrative Professional Day</li> <li>22 Earth Day</li> <li>22 Deadline to purchase your tickets for County Annual Day</li> <li>23 Picnic Day</li> <li>23-24 Walk America March of Dimes</li> <li>24 Happy Easter!</li> <li>23-30 Infants Immunization Week</li> <li>25 Zucchini Bread Day</li> <li>26 Homemaker Council Annual Day Registration 5:30 Meal 6:00 at the Extension Office</li> <li>27 Prime Rib Day</li> <li>28 McLean County Chamber Banquet</li> <li>30 Plant Swap, Share, Sale Day and Yard Sale from 8:00 am – 1:00 pm at Myer Creek Park</li> <li>30 Prescription Drug Toss at Poole's Pharmacy in Livermore from 9 – 11am, or Rite Aid Pharmacy in Calhoun from 12 noon – 2pm</li> <li>30 Raisin Day</li> <li>May</li> <li>9-12 KEHA State Homemaker's Meeting in Bowling Green</li> <li>18 Wreath Making Class</li> </ul> <p>April is Cancer Control Month, Soy foods Month, Stress Awareness Month, Alcohol Awareness Month, National Autism</p> |
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Awareness Month, Candlelight Vigil for Eating Disorders Awareness Month, Cesarean Awareness Month, Child Abuse Prevention Month, Counseling Awareness Month, National Donate Life Month, National Facial Protection Month, Humor Month, Irritable Bowel Syndrome (IBS) Awareness Month, National Occupational Therapy Month, Sexual Assault Awareness Month, National STD Awareness Month, Women's Eye Health and Safety Month, and National Youth Sports Safety Month.

**LESSON:** Understanding the Food Label

**ROLL CALL:** Name a Helpful Landscape Tip.

**THOUGHT OF THE MONTH:** "April Showers Bring May Flowers"

### KEHA Update

- **2011 KEHA State Meeting, May 9-12, 2011**
- The room blocks at both the Holiday Inn and Hilton Garden Inn are both currently filled. ***If you have reserved rooms that you no longer need, please contact me or another county before releasing these rooms.*** Others are looking to make reservations at one of these hotels.
- The KEHA newsletter includes information about a special KEHA rate for rooms at the Hampton Inn. The hotel is located just off Scottsville Road a short drive from the Sloan Convention Center and Holiday Inn. The rate offered is \$74.99 per night plus tax.
- The KEHA newsletter was posted to the website in mid-February and began arriving in mailboxes last week. Details regarding state meeting are included, along with the registration form.
- For the Tuesday evening banquet, attendees are encouraged to wear

attire celebrating their favorite era or genre of music. On Wednesday, everyone is encouraged to wear their favorite international dress or outfit.

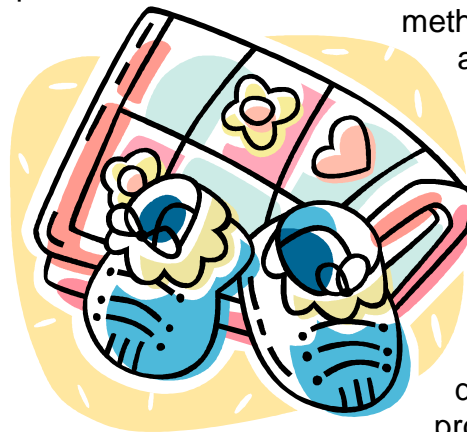
### We Can!

We Can! was another success! We all had a wonderful time and learned a lot. The winner of the Wii was Candy Austin. Congratulations!

### Sew & So

By: Brenda Pinkston

We had two sewing, making vintage aprons last month and several others stopped by to watch progress and pick up patterns. We discussed several different



methods to make and apply bias binding to edge of apron. Several people have expressed wanting to do service projects, so

next month we will start with baby blankets for the World's Greatest Baby Shower and discuss other patterns for possible bibs, caps, walker caddies and more baby blankets. If you have ideas or just want to sew, come and join us April 14, from 1:00 – 4:00pm. Bring your sewing machine, thread, sewing supplies, and fabric, 3 or 4 coordinating fabrics for baby quilts and "Come Sew With Us" April 14, 1-4:00 pm at the McLean County Cooperative Extension Service. See you there!

### Herbs

Are you interested in learning more about herbs? Then come join us at the McLean

County Cooperative Extension Service on April 7 from 2:00 – 4:00 pm. In this class, you will learn more about herbs, how to cook with them, and even make a mini-garden to take home. The cost for this class is \$1.00.

**Wreath Class**

Fran Korthaus and I will be teaching a Spring/Summer wreath making class. Please RSVP your spot by May 4 at 4:30pm. We are doing this so we can make sure to have enough supplies. The class will be held on May 18 from 2:00 – 4:00 pm at the Extension Office. The cost will be \$8.00.



**Homemaker County Annual Day**

McLean County Annual Day has been set as April 26, 2011 at the McLean County Cooperative Extension Service. Registration will begin at 5:30pm and the meal will be at 6:00pm. This year's theme is



a tea party celebrating 150 years of the Battle of Sacramento. We will have Ann Welch, who does reenactments at the Battle of

Sacramento, to come do a presentation. A fee of \$10.00 is set for the meal. This program will be open to the public, so invite everyone you know! If you have any question please call Amber Meeks at 270-273-3690. Look at the enclosed flyer for the meal information! Deadline to purchase your tickets has been extended until April 22!

**Exercise for a Healthier You**

The McLean County Cooperative Extension Service will be having free exercise classes beginning April 5-21 every Tuesday and Thursday from 5:00 – 6:00 pm. You will be given a folder with healthier recipes, tips, and other information each week. We will have a weigh in each week to monitor our progress. A light healthy snack will be provided also. If you plan to attend, please call the Extension Office at 270-273-3690 so we can have enough food.



**Volunteer Hours – 2010 (Turned in) - Correction**

- Beech Grove – 2620
    - \* Sylvia O'Reilly – 841 hours
    - \* Edwina Stiles – 795 hours
  - Friendship – 1624
    - \* Brenda Pinkston – 600 hours
  - Glennville – 3040
    - \* Mildred Iglehart - 864
    - \* Susie Lahman - 831
    - \* Ella King – 734
  - Nucklos – 70 hours
- \* Denotes individuals with 500 or more hours

**Attention Club Presidents and Secretaries**



I need for each club to turn in their reading awards and perfect attendance awards by April 19<sup>th</sup>! We need this information to be

able to make the certificates. Also please include your number of years (1,5,10,15,20,25,30,35,etc). If your club already knows what club award they are please submit that too.

**Follow These Energy-Saving Tips for Indoor and Outdoor Lighting**

Increasing the efficiency of home lighting will help reduce your utility bills.

One way to lower bills is to use linear fluorescent and energy-efficient compact fluorescent lamps in fixtures in your home. Replacing just 25 percent of lights in high-use areas with fluorescent bulbs can lower lighting energy costs by about 50 percent. Fluorescents provide economical, high-quality lighting, and last six to 10 times longer than incandescent bulbs.

Using compact fluorescent lamps for exterior lighting also is a good idea because of their long life and energy savings. Be sure you buy a lamp with a cold-weather ballast to survive winter weather.

Although more expensive than traditional incandescent bulbs, fluorescents will pay for themselves in energy savings over an extended lifetime.

Another way to reduce home energy expenses is to use timers and photo-cell units to reduce the time lights are on. also provide safety if leave and return home after dark.



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Dimmer switches and three-way bulbs provide lower light levels when bright lighting is not necessary.

Another lighting energy saver is to use task lighting to focus light where you need it, rather than brightly lighting an entire room. For example, you can install fluorescent lighting beneath cabinets over kitchen counter tops and sinks.

Remember to always turn off lights in any room you are not using.

Many home lighting options involve changing a bulb in the fixture, or perhaps a weekend project. However, other options may require a professional electrician to install additional wiring.

In addition to the economical benefits, well-planned interior and exterior lighting is decorative, increases the value of your home and provides additional security.

For more tips on reducing home energy expenses, contact the McLean County Cooperative Extension Service. Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability or national origin. Source: Linda Adler

**Ideas Needed!!!**

If you have any ideas or lessons that you would like taught please call me at 270-273-3690 or email them to [Amber.Meeks@uky.edu](mailto:Amber.Meeks@uky.edu). I would love to get your input. Also if there is a certain day of the week or time that works best for you, please let me know. I am here to serve you and the people of McLean County.

Sincerely,

Amber Meeks  
County Extension Agent for Family & Consumer Sciences

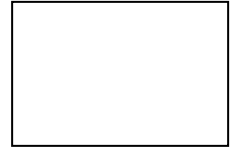
Visit our county website at <http://www.ces.ca.uky.edu/mclean>



COOPERATIVE  
EXTENSION  
SERVICE



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RETURN SERVICE REQUESTED

Don't forget to update the address and permit boxes above.