

# Newsletter

FAMILY & CONSUMER SCIENCES

## Boyle County Homemakers



Kentucky Extension  
Homemakers Association



Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky

August 2025

### This Month's Issue.....

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### Upcoming Events

- Boyle County HM Executive Board Meeting- August 18<sup>th</sup> at 12pm at the Boyle County Extension Office
- Boyle County HM Council Meeting- August 18<sup>th</sup> at 1pm at the BCEO
- Officer and Chairperson Training- August 14<sup>th</sup> at 1pm at the BCEO
- August Leader Lesson on Navigating Trauma After a Natural Disaster- August 28<sup>th</sup> at 10am at the BCEO
- Boyle County HM Kick-Off Picnic- August 29<sup>th</sup> at 11am at the BCEO



August is here and the 2025-2026 KEHA year is ready to begin! First, I'd like to thank everyone who attended the July council meeting. At this meeting we discussed ideas for the event calendar

including trips, classes, fundraisers and more. Friendly reminder, all Boyle County Extension Homemaker members are not only allowed but encouraged to attend the monthly council meetings.

Don't forget to come to the Officer and Chairperson Training on August 14<sup>th</sup> at 1pm. This is a great opportunity to learn how KEHA works, what it takes to be an officer and/or educational chairperson and more.

In other news, it's time for the Kick-Off Picnic! Come out to the picnic at the Extension Office on August 29<sup>th</sup> at 10am. It's always a great time to get to know members from other clubs and socialize.

Last but not least I'd like to remind everyone about the monthly leader lessons. The schedule for the year is listed below. Hope to see you on August 28<sup>th</sup> at the BCEO for the Disaster Preparedness leader lesson. There will be lots of great information and useful door prizes given.

Alethea Bruzek  
Boyle County Extension Agent  
for Family and Consumer Sciences

### Reserving Rooms for Meetings

Please remember to let Barry or one of our office staff know ASAP if you will not be needing a room that you previously reserved. Our meeting room space is sometimes at capacity and if there are no shows for the rooms, it is then difficult to accommodate the communities needs.

There have been multiple instances in the past few months where room 108 was reserved for various club functions and no one has shown. Thank you in advance for your willingness to help us make all of our meeting room space readily available as needed.

## Announcements

- The Management and Safety Educational Chairperson position is open. If you are interested in serving in this role, please feel free to reach out to Alethea Bruzek or Joyce Zinner for more information. You could also attend the Officer and Chairperson Training on August 14<sup>th</sup> to learn more.
- KEHA nametags can be purchased through Becki Justice. Pin style are \$5, magnet style are \$7.



## Club News

**Lancaster Road**-Our club met July 2nd for a regular meeting and again on July 21st as a planning meeting. Lancaster Road Homemakers was founded in September, 1925, with twelve members, 100 years ago! The anniversary celebration will be on Tuesday, September 9th, from 3:00-6:00 p.m. We continue to miss the valuable service and contribution Thelma Mills made to homemakers, one of which was the food pantry coordination. Thelma loaded, delivered and unloaded pounds of non-perishable food each month for many years. Since her passing in February, our club has decided to collect monetary donations instead, for the New Hope Food Pantry and make the contribution in Thelma's memory. The next regular Lancaster Road homemaker's club meeting will be on Wednesday, September 3, 2025 at 10:30 under the outdoor pavilion. Bring a brown bag lunch. We'll be discussing the final preparations for our anniversary celebrations as well as all the other upcoming fall homemaker events.

**Wilderness Trail**-I hope everyone is enjoying these hot days of summer! August is an exciting month of canning for me, from tomatoes to pickles and salsa in between! The strawberries have already been jammed and the corn frozen, not sure what I will do with the grapes this year, lots of jelly left from last harvest.

There are so many exciting things happening at the Extension office, new classes all the time and recipe segment newsletters (make sure you get signed up for that). We also have some leadership classes this month so be looking for those as well. Also, state fair, the exhibits are amazing if you haven't been for a while make sure you get up there this month. Terry and I (JusticeWorks) will be representing Boyle Co. Booth again this Aug 23, 3-8pm, stop in and see us!

And let's not forget County Homemaker picnic, this is a great time to invite someone that may be interested in joining our club. Also check in with the planning committee (Rose, Rita W. and Ramona from W.T.) to see how you can help. Sept 4<sup>th</sup> is our next club meeting @10:30, if you would like to volunteer to help serve a light lunch that day, please let Betty Gayle know. W.T. Officers will be meeting at Clara's house to finish revise on club by-laws and to make the agenda for the coming year. If you would like to pre-sign up for lessons, host, helpful hints or demonstrations give me a call or text. Thanks to everyone that volunteered your time with Floral Hall this year and all those that submitted entries. Don't forget you Toilet Paper-for Candy Project. *Always stay sharp! Emphasize your strong points, be patient during the dry spells and you will bloom when it's your time-advice from a cactus.*





## 2025-2026 Fort Harrod Area Leader Lesson Schedule

Please note: Dates are when the host county will teach the lesson at their office. Everyone is welcome and encouraged to attend in person! If you are unable to attend you can watch a short video on the Fort Harrod FCS Agent Youtube page.



	August	September	October	November	January	February	March	April
<b>Instructor</b>	Multi County Program	Tara Duty	Alethea Bruzek	Sara Haag	Carla Carter	Hannah Thornsberry	Kayla Lunsford	Jody Paver
<b>Lesson Title</b>	Navigating Trauma After a Natural Disaster	Selecting Sheets	Using your AirFryer	Yogatta Try This!	Stretching your dollar: What to do when ends don't meet.	Mental Health Matters	Gardening Safety	How to get our of a mealtime rut.
<b>Date/Time/ Location</b>	August 28 <sup>th</sup> at 10AM in BOYLE COUNTY	September 23 <sup>rd</sup> @ 10AM in MERCER COUNTY	October 1 <sup>st</sup> @ 11AM in BOYLE COUNTY	November 7 <sup>th</sup> @ 10AM in JESSAMINE COUNTY	January 8 <sup>th</sup> @ 11AM in FRANKLIN COUNTY	February 5 <sup>th</sup> @ 11 AM in WOODFORD COUNTY	March 26 <sup>th</sup> @ 1PM in GARRARD COUNTY	April 15 <sup>th</sup> @ 10AM in LINCOLN COUNTY
<b>Description</b>	This lesson will focus on coping with trauma.	Covers everything you need to know about buying sheets!	This lesson will focus on what air fryers are and how they work. You may even be a taste tester.	This lesson introduces yoga- what it is, why you might be interested in trying it, and some poses.	Making ends meet is getting harder in today's economy. This lesson will cover how to make your dollars and resources go farther.	This lesson will highlight why mental health matters and draw attention to symptoms of mental health concerns.	This lesson focuses on the health benefits of gardening, using proper motions for repetitive movements, and appropriate tools for the job at hand.	The goal of this lesson is to share creative strategies that you can use to overcome mealtime ruts and prepare meals at home.



COOPERATIVE EXTENSION SERVICE  
UNIVERSITY OF KENTUCKY COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT, LEXINGTON, KY 40546



## 2014 FOOD AND NUTRITION CALENDAR SEPTEMBER RECIPE

**UK**  
UNIVERSITY OF  
KENTUCKY  
College of Agriculture,  
Food and Environment

# ITALIAN CUCUMBER SALAD



## GROCERY LIST

- Cucumbers (need 2)
- Cherry tomatoes
- Red onion
- Green pepper
- Italian dressing

## MAKE IT A MEAL

- Grilled hamburgers on whole wheat buns
- Baked French fries
- **Italian Cucumber Salad**
- Low-fat milk

## TIP

Cut up a batch of bell peppers, carrots or broccoli. Pre-package them to use when you are short on time. You can enjoy them on a salad, as a snack, with dip or in a veggie wrap.

- 2 medium cucumbers, peeled and sliced
- 1 cup halved cherry tomatoes
- 1 cup sliced red onion
- ½ cup chopped green pepper
- ½ cup Italian dressing

1. In a large bowl, combine all the ingredients.
2. Cover and refrigerate until serving.
3. Serve with slotted spoon.

**Makes 6 servings**  
**Serving size: 1 cup**

**Source:** Recipe provided courtesy of Taste of Home magazine. Find more great recipes at [www.tasteofhome.com](http://www.tasteofhome.com)

**Nutrition facts per serving:**  
106 calories; 8 g total fat; 1 g saturated fat; 0 g trans fat; 0 mg cholesterol;

341 mg sodium; 8 g carbohydrate; 2 g fiber; 2 g protein

**Note:** Lower fat in this recipe by substituting low calorie Italian dressing.

**Note:** Add more color and nutrition by adding red, yellow, or orange bell peppers, banana peppers, or hot peppers to this dish.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Office of the Ombudsman at 1-800-372-2973 or 1-800-627-4702 (TTY). The U.S. Department of Agriculture (USDA) prohibits discrimination in all of its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, political beliefs, genetic information, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination, write: USDA, Office of Adjudication, 1400 Independence Ave, SW, Washington, DC 20250-9410 or call (866) 632-9992 (Toll-free Customer Service), (800) 877-8339 (Local or Federal relay), (866) 377-8642 (Relay voice users). USDA is an equal opportunity provider and employer. Copyright © 2014 University of Kentucky and its licensors. All rights reserved.

This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

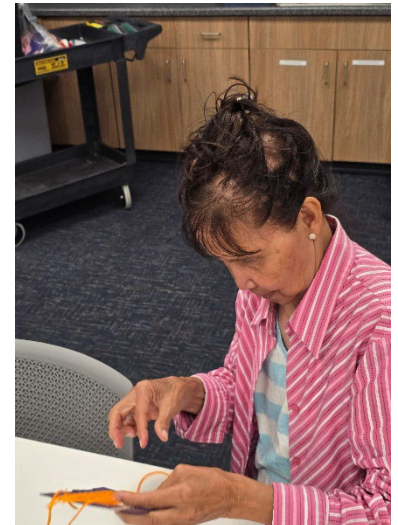
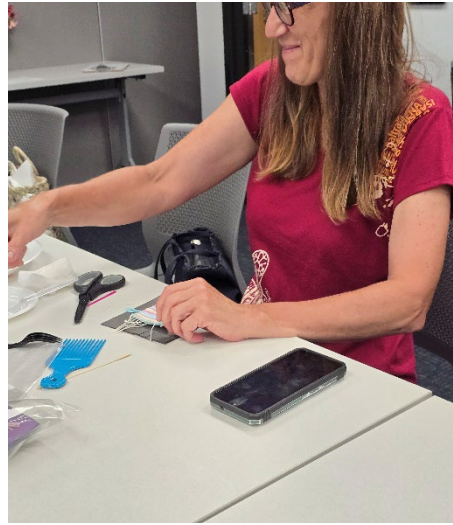


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Photo Gallery-Craft/Sewing Classes

*Weaving with the International Group*



*Save the Date*

Lancaster Road Homemakers  
Boyle County Kentucky

*"Cheers to 100 Years"*  
*Centennial Celebration*

1925 - 2025

September

Tuesday 9 3-6 p.m.

2025

Boyle County Extension  
99 Corporate Drive, Danville Kentucky

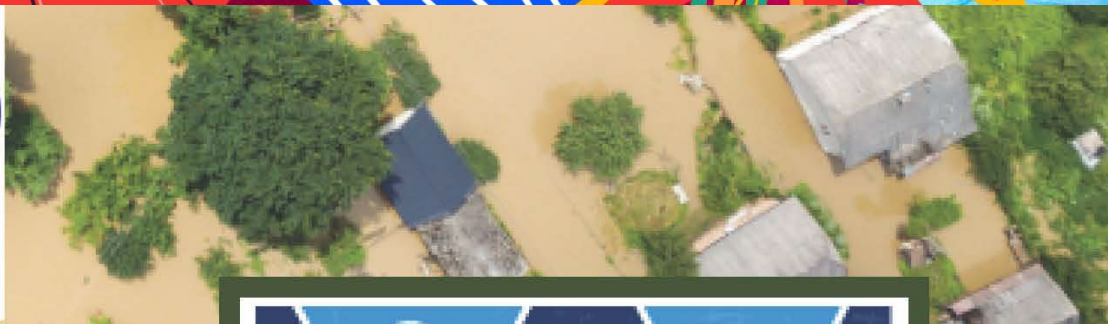
MORE INFORMATION TO FOLLOW

CONTACT PERSON: DEBRA CALDWELL (859) 583-4313





**UK** Cooperative  
Extension Service  
*Family and Consumer Sciences*



FORT HARROD  
MULTICOUNTY  
LEADER LESSON

# NAVIGATING TRAUMA AFTER A NATURAL DISASTER

August  
28  
@ 10am

Kentucky has gone through a number of events recently that has affected many individuals and families. Join us as we learn how to navigate through trauma after natural disaster.

 Register by calling (859) 236-4484

 **Boyle County Extension Office**  
99 Corporate Dr, Danville, KY  
40422



**Cooperative  
Extension Service**

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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Disabilities  
accommodated  
with prior notification.



## Upcoming Classes

**Serger 102: Rolled Edge & Flat Edge**

Daytime: Tuesday, August 19, 1:00-3:00 pm

Evening: Tuesday, August 19, 6:00-8:00 pm

Sergers are great for sewing seams and finishing seams but they can do so much more to add to finishing projects. This class will focus on rolled hems and flat-edge serging. Limited space. Cost: \$7.00.

**Sew a Vintage Inspired Apron**

Come sew a retro look for your holiday apron-1940's style in the 21st Century. Today's many cute fabric prints make vintage style shine. Supply list will be sent after sign up. Limited space. Cost: \$7.00. Saturday, September 27, 9:30-4:00 pm

**Upcycle Boho-inspired Denim Skirt**

Come learn how to change a pair of jeans into a fun boho-inspired skirt. a detailed list of supplies will be sent after sign up. You must have sewing experience to participate. Limited space. Cost: \$7.00 Monday, October 6, 6:00-8:00 pm

**Sew a Selvage Tote**

Gather your selvages! After cutting off and saving your cotton selvages, this is an opportunity to create a unique tote. Size approximately 22" X 16" X 8". Bring all your selvages, 1 yard of a sturdy fabric such as canvas, duck cloth or denim; sewing machine and sewing supplies with neutral thread. Pick out a coordinating cotton fabric for lining and pockets; ¾ yard .Other supplies will be furnished. Cost is \$12.00. Friday, October 17, 9:30-3:00 pm

**Let's Upcycle a Jacket**

Using trim, lace, fabric pieces, vintage linens and your imagination, come turn a jacket into a unique Boho-influenced garment. A detailed list of supplies will be sent after sign up. You must have sewing experience to participate. Limited space. Cost: \$7.00.

Monday, October 20, 6:00-8:00 pm

**Folded Star Ornament**

Using pieces of fabric, pins and a styrofoam ball, participants will create a unique ornament. This technique transfers to other similar projects for home decor. All supplies will be furnished. Cost \$12.00.

Daytime: Thursday, November 13, 1:00-3:00 pm

Evening: Thursday, November 13, 6:00-8:00 pm

**Reed Snowflake**

An interesting way to use reed and create a snowflake-like hanging ornament that is 13 inches diameter. Bring your hot glue gun if possible, but all supplies will be furnished. Cost \$7.00

Daytime: Thursday, November 20, 1:00-3:00 pm

Evening: Thursday, November 20, 6:00-8:00 pm

**Macrame Snowflake**

Come learn how to use crochet thread to create a snowflake ornament. Little easier than crocheting a snowflake, using macrame knots make a unique Winter ornament. All supplies furnished. Cost \$7.00

Daytime: Tuesday, December 2, 1:00-3:00 pm

Evening: Tuesday, December 2, 6:00-8:00 pm

Attention all sewing people....PLEASE start saving your **SELVAGES!** We have some awesome classes planned for this fall/winter and need selvages. If you cannot take these classes selvages are still appreciated. One inch would be great, however all are appreciated. Thank you for helping!--Cynara



# *“Coming Home”*

Be Part of the Boyle County Homemaker Family



## Reunion Picnic Fun

**FRI Aug 29th**

**From 11:00 a.m. to 2:00 p.m.  
or longer**

*Project Room  
at Extension Office*

*Fun for all! Bring a friend.*

*RSVP by Aug. 20th*

***FREE!***





Come Join Us!

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

# PHONE PURSE BAG



Come join us for a fun, hands-on class where you'll learn to make a stylish cross body bag, totally handmade by you!

**AUGUST 30, 2025**

10:00a-2:00p | Boyle County Extension, 99 Corporate Dr., Danville

**Kits available  
for purchase  
day of class  
for \$10  
(Cash or Venmo)**

**Class Limit: 10  
Ages 13+**

**Supplies:**  
Sewing Machine  
Basic Sewing  
Notions

MUST be able to operate your own machine, all skill levels welcome!  
Sign up on Eventbrite by scanning  
QR code

*Instructor: Nancy Lindsay*

SCAN ME



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Join us and Make.....

**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky

# Self Binding Project Bag



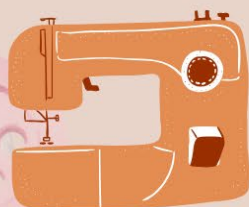
**\$10**  
(includes pattern)

**Saturday, September 20th**  
**10:00A-2:00P**

Come join us and learn to make this project bag, perfect for keeping our various "projects" organized!

This class is open to confident beginner levels. Cost to attend is \$10-registration is via Eventbrite (QR code below).

A supply list will be emailed to you upon registration. Kits are available for an additional \$15 paid to the instructor on the day of class, via cash, Venmo or PayPal. Ages 18+.



**You must be able to operate your own machine in order to attend.**

**Instructor:**  
**Regina Graham**



**SCAN ME!**

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Save the Date.....

# CRAFT SUPPLY SALE & SWAP

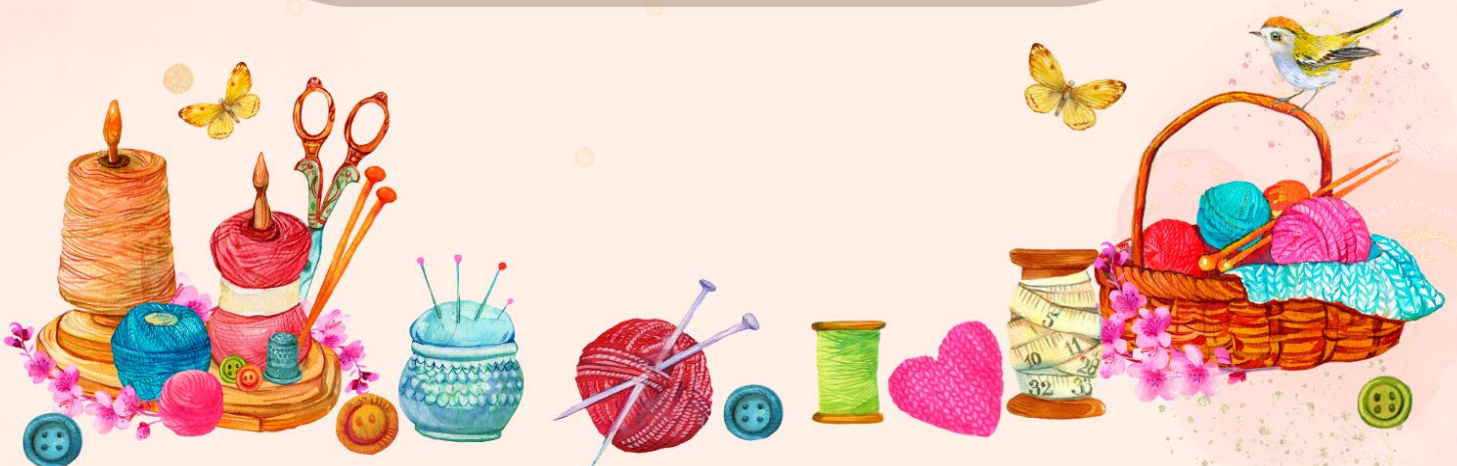


SATURDAY  
OCTOBER 18TH

10:00A-3:00P

BOYLE COUNTY EXTENSION  
99 CORPORATE DR.  
DANVILLE, KENTUCKY

A fantastic opportunity for a Fall purge.  
Stay tuned for more info to come!





ROLLED/FLAT EDGE



# SERGER 102:

## *ROLLED EDGE & FLAT EDGE*

**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky

**AUGUST 19TH**  
1:00-3:00p & 6:00-8:00p

Sergers are great for sewing seams and finishing seams but they can do so much more to add to finishing projects. This class will focus on rolled hems and flat-edge serging.

Limited space. **Cost: \$7.00.**

Instructor: Mary Hixson

### LOCATION/TIME

Boyle County Extension  
99 Corporate Drive, Danville

Tuesday, August 19th  
1:00p-3:00p & 6:00p-8:00p

QUESTIONS? CALL (859) 236-4484

**PRICE ONLY**

**\$7.00**

**TWO CLASS TIMES**  
**1:00-3:00 & 6:00-8:00**

Cooperative  
Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40516



Disabilities  
accommodated  
with prior notification.

FOR REGISTRATION  
SCAN QR CODE



SERGER 102



# Knitting Group

 **Martin-Gatton**  
College of Agriculture,  
Food and Environment  
University of Kentucky.

Starting in August, our knitting class will focus on fingerless cable gloves. Our knitting group now meets **every 1<sup>st</sup> Monday at the GARRARD County Extension office; and every 3rd Monday at the BOYLE County Extension office.**

Summer hours will be **6:00-8:00 p.m.** Come join in and increase your knitting knowledge. New to knitting, you are more than welcome to attend! Contact the Boyle County Extension office and let us know you are coming so that we can have plenty of patterns and other supplies. **No cost to attend.**

**Sign up by calling:  
(859) 236-4484**

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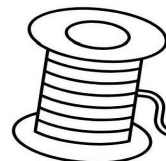
## -Garment Construction

-Quilting

-Bags

- Home decor

## -Accessories



**Held at Boyle County Extension Office**  
**99 Corporate Drive, Danville, KY**



**For Questions, Contact :**

**Mercer County Extension Office**

859-734-4378 or tara.duty@uky.edu



Save  
the  
date

FORT HARROD AREA  
2025 HERITAGE CRAFT CAMP  
October 25th

Boyle County Extension Office  
99 Corporate Dr, Danville, KY 40422



MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Illustrated programs of study are available for students at all levels, including a certificate in counseling and a master's in education or education in counseling. For more information, visit [www.rockwell.edu](http://www.rockwell.edu).

physical and mental health of a population. The purpose of this study was to assess the physical and mental health of a population of young adults in the United States.



 **Discrete**  
**unbounded**



2025

# August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
	3 -Sewing Friends-9:00a	4 5 -Sewing Friends-9:00a	6 -Lancaster Road Club- 10:30a-BCEO	7 -Wilderness Trail Club-10:30a- BCEO	8 -International Group-5:00p	9
10	11 -Sewing Friends-9:00a	12	13 -76ers Club-1:30-BCEO	14 -Officer & Chairperson Training- 1:00p	15 -Mobile Food Partry-12:00-2:00- BCEO	16
17	18 -Executive Board Meeting-12p -Council Meeting-1:00p -Sewing Friends-9:00a -Knitting Group-6-8:00p	19 -Serge 102-1:00 & 6:00p-BCEO -Piecable Friends-6:00p-BCEO	20	21 -Unguild Quilters-9:00a-BCEO	22 -International Group-5:00p	23 -Crochet Club-10:00a-BCEO
24	25 -Sewing Friends-9:00a	26	27	28 -Lesson Leader Training-10a- BCEO	29 -Homemaker Kick-off Picnic-11a- BCEO	30
31						