

FAMILY & CONSUMER SCIENCES NEWSLETTER MAY 2025



A MESSAGE FROM YOUR FCS AGENT:


May has arrived, and we're excited to jump into a month full of learning, fun, and community spirit! From Derby activities and a hands-on sewing workshop to the Homemaker State Meeting, a tasty Cooking Through the Calendar class, and our popular Homemakers Breakfast Fundraiser, there's something for everyone to enjoy. We're also hosting an informative Estate Planning Program, getting ready for 4-H Camp, and preparing for our big County Annual Meeting during the first week of June.

Plus, don't miss the Alpha-Gal Statewide Webinar! This is an educational opportunity designed to raise awareness about this growing health concern, especially relevant to our Eastern Kentucky communities. Stay tuned for registration details!

Take a look inside to see important upcoming dates!

In this issue:

- Homemaker News pg. 2
- Webinar Event: Living with AGS pg. 3
- MoneyWi\$e pg. 4
- Sewing Workshop pg. 5
- Basics of Estate Planning pg. 6
- Breakfast Fundraiser Form pg. 7
- Cooking Through the Calendar pg. 8
- County Annual Meeting Flyer/Event Info pg. 9
- Baby Quilt Day Dates & May Yarn Club pg. 10
- May Calendar pg. 11
- Recipe pg. 12

 Cooperative
Extension Service

Fleming County Office

P.O. Box 192(1384 Elizaville Rd.)

Flemingsburg, KY 41041-0192

Phone: (606) 845-4641

Fax: (606) 845-6311

Email: fleming.ext@uky.edu

Website: <https://fleming.ca.uky.edu/>



Katie Fryman



Cooperative
Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Homemakers News

May Meetings:


- May 15th - Country Neighbors, 6:00pm @ the FCEO
- May 20th - Hillsboro Homemakers, 12:00pm @ Hillsboro Christian Church
- May 20th - Neighborhood Kids Club & Treasures of the Heart 6:00pm @ Fleming County Covered Bridge Museum



Notes:

- Club Leaders – I will continue to send Homemaker Lessons via email and appreciate your dedication to sharing them with your groups! I also have printed lessons at the office.
- June 13th is the designated drop-off day for boxes filled with items for flood victim relief at the Fleming County Extension Office. If you have any questions, please feel free to reach out to Violet Barbee or Katie Fryman.
- Breakfast Fundraiser Forms should be turned into the Fleming County Extension Office by MAY 14th! This will help prepare the fundraiser supplies. Thanks!
 - Breakfast Fundraiser Volunteers should be at the Fleming Extension Office by 6am, May 16th to help prepare orders so we can start deliveries and pickups by 7am! If you plan to attend, please let Katie know!
- Please spread the word about our Annual Meeting and register as soon as you can to help with supply preparation for this event as well.

UPCOMING EVENTS!

- May 6-8 2025 - KEHA State Meeting, Hyatt Regency Lexington
 - May 16th - Breakfast Fundraiser
 - June 4th - 2025 Fleming County Homemakers Annual Meeting theme: Summer Nights *see the flyer in this newsletter for more information!
 - September 18th Fleming Co. Cultural Arts Day!
- 



Webinar Event

Living with Alpha-gal Syndrome

Learn more about AGS (red meat allergy) and how to reduce your risk with University of Kentucky Cooperative Extension

Topics Covered

- ✓ AGS basics
- ✓ Tick bite prevention
- ✓ Diet & lifestyle management
- ✓ Q/A session



Thursday, May 29th

6-7:30pm CDT

7-8:30pm EDT

Register Now!

ukfcs.net/AgS



**Cooperative
Extension Service**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 16 • ISSUE 5

Fleming County Extension Office | 1384 Elizaville Road | Flemingsburg, KY | 41041 | (606) 845-4641

THIS MONTH'S TOPIC: BUDGET-FRIENDLY VACATION TIPS

From transportation to lodging, food, or activities, it is easy for travel costs to skyrocket when taking a family trip. Planning ahead can help manage travel costs and provide extra savings while on vacation. Here are some tips for making lasting memories on road trips without breaking the bank.

LOCATIONS AND LODGING

Choose low-cost destinations and accommodations when planning your next adventure. Road trips to national or state parks are affordable with endless chances for outdoor activity. Camping can also be a way to save money on lodging while adding adventure to your trip. No matter where you choose to go, compare the cost of hotels, camping sites, and rentals. Some accommodations have extra fees for amenities, cleaning, pets, or incidentals. Also, think about staying a few miles outside of major tourist areas or going in "off" seasons to find better deals.

CUTTING FOOD COSTS

Road trips also allow you to bring food from home, which is often cheaper than buying groceries or eating out on your trip. Preparing simple meals in advance, or packing picnic lunches, can keep you from paying a high price to dine in touristy areas.



Pack drinks (including reusable water bottles) and snacks to save on overpriced convenience items. For more ways to make the most of meals while traveling, read [https://ukfcs.net/Traveling Meals](https://ukfcs.net/Traveling%20Meals).

EXPERIENCES > EXPENSES

Finding affordable activities can add to any vacation. Opt for low-cost experiences and outdoor activities like hiking, beach or lake days, and picnics. Look for free entertainment within the community including tours, movie nights, concerts, or museums. These activities allow families to make memories without overspending. Visit <https://www.kentuckytourism.com/> to explore all the vacation choices the Commonwealth has to offer!

Cooperative Extension Service

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

MARTIN GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or receipt of prior civil rights action. Reasonable accommodations for persons with disabilities are available upon request. For more information, contact the local Extension office or the National Center for Extension at the University of Kentucky, 1000 University of Kentucky, U.S. Department of Agriculture, and Kentucky Counties, Cooperating

Louisville, KY 40005



Disabilities
accommodated
with prior notification.

AVOIDING TRAVEL SCAMS

The Federal Trade Commission offers tips for travelers to protect themselves from scams at <https://consumer.ftc.gov/articles/avoid-scams-when-you-travel>. Common travel scams are fake travel deals, pressuring you to make quick decisions, or asking for money by wire transfer or gift cards. Book your travel with reputable companies, be careful of unexpected requests, and stay vigilant throughout your trip to make sure you have a safe travel experience.

CONSIDER SUMMER CAMPS

One more way to make priceless summer memories while saving on travel costs is to explore summer camps. From day camps to overnight adventures, reach out to your county Extension office to learn more about summer camp opportunities in your area. Camps may be grouped by age, a special theme, or offer something for the whole family.

May is Military Family Appreciation Month



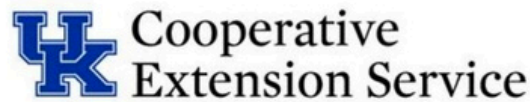
FOR MILITARY YOUTH: Military teens (13-18 years old of Active Duty, Guard, Reserve, and Retired personnel) have a chance to join adventure camps at little to no cost. These high energy, high adventure, and high experience camps are planned across the United States through Purdue Extension. Learn more: <https://extension.purdue.edu/4-H/get-involved/military-teen-adventure-camps/index.html>

FOR MILITARY FAMILIES: Kentucky Extension offers camps for military parents and their teenage children to attend together through funding from Purdue Extension. Come spend some time with your child whitewater rafting, hiking, rock climbing, ziplining, and more, all free! Each camp offers a unique outdoor experience that will allow you to build your leadership, self-confidence, and teamwork skills while engaging with the outdoors. Camps have funding available to assist with transportation costs. Learn more: <https://fcs-hes.ca.uky.edu/MTAC>

Written by: Kristen Jowers and Kerri Ashurst

Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu



STITCH & STYLE: PATCHWORK BOWS & SASHES

When: May 12th

Where: Fleming County Extension Office

Time:

1:00pm–3:00pm

OR

4:00pm–6:00pm

Calling all intermediate level sewers to join us at the Fleming County Extension Office the day after Mother's Day for a super fun Patchwork Bow OR Sash Making Class with Master Clothing Volunteers Leoma and Ruby! Learn how to turn your favorite fabric scraps into cute, colorful bows OR wreath sash—perfect for gifts, décor, or just because!

Please register by 5pm May 7th



Supplies Needed:
Working Sewing Machine
(Bring your manual if you have it)
Thread/Bobbins
Fabric Scissors
Sewing Pins or Clips



**Cooperative
Extension Service**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.



Basics of Estate Planning Series

This series will cover the basics of estate planning, led by Rhonda Curran Koth from Edward Jones. Participants in the first session will complete a survey to help shape the topics for the following two sessions. Lunch will be provided. Please use the QR code to register. For more information, contact Katie Fryman, katie.fryman@uky.edu (606.845.4641) or Crystal Ruark, crystal@flemingkychamber.com (606.845.1223) or Rhonda Curran Koth, rhonda.currankoth@edwardjones.com (606.845.1800)

 **April 16th 11:30am-1:00pm**

 **May 21st 11:30am-1:00pm**


 **June 18th 11:00am-1:00pm**

 **REGISTER NOW**



All sessions will be hosted at the Fleming County Extension Office.

1384 Elizaville Road, Flemingsburg, KY 41041

 **Cooperative Extension Service**

Edward Jones

There's no time like now to plan your future.



Rhonda Curran Koth, AAMS[®]
Financial Advisor
117 Blue Mesa Dr.
Flemingsburg, KY 41041
606-845-1800



Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities accommodated with prior notification.



BREAKFAST ORDER FORM

FRIDAY - MAY 16TH, 2025

DELIVERY TIME _____

PICKUP _____

DEADLINE TO ORDER: WED., MAY 14TH AT 5PM

\$10 per breakfast

Breakfast will include: Country Ham Biscuit,
Hashbrown Rounds, Cutie Orange, Bottle of Water

Will deliver to businesses, not residential homes

NAME	
ADDRESS	

ITEM	DESCRIPTION	QTY	PRICE	AMOUNT
TOTAL				

Payment Options: Cash or Check Accepted
Checks Payable to "Fleming County Extension Homemakers"

Special Notes for Delivery:

TO ORDER: CALL 606-845-4641 OR EMAIL ORDER FORM TO KATIE.FRYMAN@UKY.EDU

Cooking Through the Calendar

JOIN US FOR A FREE COOKING DEMO AND TASTING WITH TIPS ON BALANCED
MEALS, SMART GROCERY SHOPPING, AND FOOD SAFETY!

MAY 20TH

HILLSBORO CHRISTIAN CHURCH

11:00AM-12:00PM

MAY RECIPE: BANANA PANKCAKES



606-845-4641 or katie.fryman@uky.edu

Cooperative
Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.



UK Cooperative
Extension Service

FLEMING COUNTY EXTENSION HOMEMAKERS

SUMMER NIGHTS

2025 ANNUAL MEETING EVENT & REGISTRATION INFORMATION



JUNE 4TH, 2025
6:00pm - 9:00pm



1384 ELIZAVILLE ROAD,
FLEMINGSBURG KY 41041

About Our Event!

- ▶ **Meal and Registration Fee \$15/person**
Please pay by exact change/check prior to event!
- ▶ **Table Decorations**
Each club gets to design its own table with a fun Summer Nights theme! Think starry skies, bonfires, beach vibes, fireflies, backyard BBQs, or even a retro Grease-style drive-in! Be sure to bring everything you need for your setup, including the tablecloth. The room will be open the day before so you'll have plenty of time to bring your Summer Nights vision to life!
- ▶ **Guest Speaker**
Jake Farmer, 4-H Camp Director, North Central
- ▶ **Attire**
Summer Casual or Grease-Themed (1950s style)

Event Highlights

Registration and Event ◀

Hillsboro Homemakers will be in charge of our Registration, starting at 5:30pm
Meeting starts at 6:00pm.

Menu ◀

Please Choose One @ Registration:
Barbeque OR Baked Chicken
Potato salad, Baked beans, Roll

Dessert ◀

There will be an ice cream sundae bar and each club is encouraged to bring a dessert to share with the group!

Please register with your payment and meal selection by 5:00 PM on Wednesday, May 28. This will help our caterer prepare accordingly. For more information:

606-845-4641 or katie.fryman@uky.edu

2025 baby quilt day dates

TIME: 9:00AM-4:00PM

LOCATION: FLEMING COUNTY EXTENSION OFFICE

FEBRUARY 19TH

MARCH 31ST

APRIL 30TH

MAY 20TH

JUNE 24TH

JULY 29TH

AUGUST 26TH

SEPTEMBER 30TH

OCTOBER 28TH

NOVEMBER 26TH

YARN CLUB

MAY 13TH

@ 6:00PM

Contact Susan Wood



MAY

SUN

MON







TUE

WED

THU

FRI

SAT

				1 10:00AM LAUGH AND LEARN	2 HOMEMAKER EVENT @ EWING FOR DERBY DAY!	3 
4	5 	6 2025 KEHA STATE MEETING	7	8 	9	10
11	12 1-3PM & 4-6PM STITCH & STYLE: SEWING WORKSHOP	13 6PM- YARN CLUB @ FCEO	14	15 6PM- COUNTRY NEIGHBORS @ FCEO - VIOLET BARBEE	16 6AM-10AM HOMEMAKERS BREAKFAST FUNDRAISER 	
18	19	20 9AM- 4PM BABY QUILT DAY 11AM- CTC HILLSBORO 12PM- HILLSBORO HOMEMAKERS MEETING 6PM- NEIGHBORHOOD KIDS CLUB @ FC MUSEUM - VIOLET BARBEE 6PM- TREASURES OF THE HEART FC MUSEUM	21 11:30-1PM BASICS OF ESTATE PLANNING @ FCEO	22	23	24
25	26  	27	28 10:30AM- SENIOR FITNESS DAY@SENIOR CENTER	29 6:00-7:00PM STATEWIDE WEBINAR ON ALPHA GAL SYNDROME	30	31



Strawberry Salsa

1 tablespoon olive oil	2 cups , coarsely chopped fresh strawberries	2 cups chopped cherry or grape tomatoes
2 tablespoons white vinegar or white balsamic vinegar	8 green onions , chopped	½ cup chopped fresh cilantro
½ teaspoon salt		

- 1. Whisk** olive oil, vinegar, and salt in large bowl.
- 2. Add** strawberries, green onions, tomatoes, and cilantro. Toss to coat.
- 3. Cover** and chill for 1 hour.
- 4. Serve** with tortilla or pita chips.

Yield: 7, ½ cup servings.

Nutrition Analysis: 40 calories; 2 g fat; 0 g saturated fat; 0 mg cholesterol; 170 mg sodium; 6 g carbohydrate; 1 g fiber; 4 g sugar; 1 g protein; 60% of vitamin C.

Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

