

Calloway County Family & Consumer Sciences **JULY 2024 NEWSLETTER**



Happy July, FCS Family!

When my children were little, I always thought when July 4th rolled around the summer was almost over. Even though there are several weeks until school starts, it seemed to be winding down. I hope everyone can travel and take part in family and friends' activities with the time we have left in our summer. One of the most important things to keep in mind is safety, food safety, fireworks safety, water safety, and travelling safely. See the article about safety in this newsletter.

The Homemakers will be compiling the Volunteer Service Unit hours they have logged all year, as well as the educational committees for the end of year reports due into the area Homemakers and then on to the State KEHA office. All our homemakers have worked very hard this year, and I am so proud of them. I am sad to report that 2 of our Homemaker presidents are stepping down from their leadership roles. Delores Lawson from Town and Country Homemakers and Vicki Cstari from Happy Hearts Homemakers will be relinquishing their presidency but will be available for consultations! They both have been loyal and great supporters of Homemakers and the Extension Service. We will miss you both as strong leaders.

July is the Month of National Ice Cream Day, National Hot dog Day and National Grilling Month. Seems we all take July to eat the good stuff!

Stay safe!

Debbie

Calendar of Events

July 2	Cooking through the calendar	10:30 am	CCPL
July 4	Office closed for 4th of July		
July 10	Charity Quilt Workday	9 am - 4 pm	Meeting Hall
July 16	Quilt Lovers reg. meeting	5:00 pm	Meeting Hall
July 18	Homemakers records day- rsvp required	10:00 am - ?	Meeting Hall
July 19	Global Kitchen Experience (crepes)	10 am - 1 pm	Meeting Hall
July 26	WITS Workout	10:00 am	Senior Center
August 2	Global Kitchen Experience (bagels)	10 am - 1 pm	Meeting Hall
August 2	Set up area for Homemakers meeting	1:30 pm	Meeting Hall
August 5	Area Homemakers Council Meeting	9:30 am	Meeting Hall



JULY

Calloway County Homemakers Corner

Club Information:

Most Homemaker clubs have suspended meetings until September with the exception of the Quilt Lovers Homemaker Club. I have listed the Quilt Lovers events on the calendar. Have a great summer, everyone!

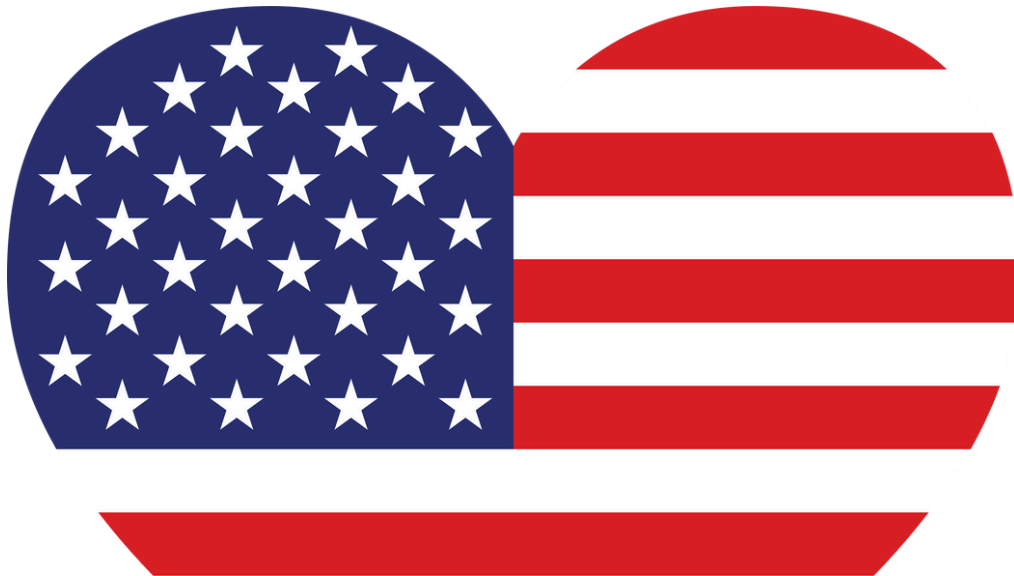


Lee Furst Sewing Cabin Dedication

On Tuesday, June 25th the Extension District Board met and dedicated the sewing cabin to Lee Furst, Master Clothing Volunteer and long time 4-H leader. Lee dedicated her life to teaching others how to sew. She was an accomplished sewist herself and a desire to help others enjoy the hobby she loved. She will be missed.



Empowering Community Leaders



The Calloway County Homemakers will be meeting to tabulate the year's Volunteer Service Unit hours. This is the first time we have tried something like this. It will be some work but also lots of fun. If any Homemaker would like to join in, please know you are most welcome. I will provide lunch and some surprises! Meet us at the Meeting Hall , July 18th at 10:00 am. *Please RSVP if you plan to help.* I need to order enough food. Office number is 270-753-1452

Making Healthy Lifestyle Choices

Food Safety

Summer is a great time for outdoor picnics and barbecues, but warm weather also means increased risks of foodborne illnesses. To keep your food safe:

1. **Clean:** Always wash your hands, utensils, and food preparation surfaces thoroughly. Rinse fruits and vegetables under running water.
2. **Separate:** Keep raw meat, poultry, and seafood separate from other foods to avoid cross-contamination. Use different cutting boards and plates for raw and cooked foods.
3. **Cook:** Use a food thermometer to ensure meats are cooked to a safe internal temperature. For example, cook ground beef to at least 160°F and poultry to 165°F.
4. **Chill:** Refrigerate perishable foods within two hours, or one hour if the temperature is above 90°F. Keep cold foods in a cooler with ice packs when outdoors.

Swim Safety

Swimming is a popular summer activity, but it's important to stay safe in the water:

1. **Supervision:** Always watch children closely when they are in or near water. Designate a responsible adult to keep an eye on swimmers.
2. **Learn to Swim:** Ensure everyone in the family knows how to swim. Enroll in swimming lessons if needed.
3. **Life Jackets:** Use life jackets for young children or inexperienced swimmers, especially in natural bodies of water.
4. **Pool Safety:** Install barriers, such as fences, around pools to prevent unsupervised access. Keep rescue equipment and a phone nearby in case of emergencies.

Travel Safety

Whether you're traveling by car, plane, or train, safety should be a top priority:

1. **Plan Ahead:** Research your destination and plan your route. Ensure your vehicle is in good condition for long drives.
2. **Buckle Up:** Always wear seat belts and ensure child safety seats are properly installed.
3. **Stay Alert:** Avoid distractions while driving, such as using your phone. Take breaks to rest if you're feeling tired.
4. **Health Precautions:** Carry a first aid kit and any necessary medications. Stay hydrated and take precautions against sun exposure.



Making Healthy Lifestyle Choices

Fireworks Safety

Fireworks can be a fun part of summer celebrations, but they can also be dangerous if not handled properly:

1. **Legal and Safe:** Only use fireworks that are legal in your area and follow local guidelines. Attend professional fireworks shows instead of using consumer fireworks.
2. **Supervision:** Never allow young children to handle fireworks. Older children should use them only under close adult supervision.
3. **Safety Measures:** Keep a bucket of water or a garden hose nearby in case of fire. Light fireworks one at a time and move back quickly. Use eye and ear protection also.
4. **Dispose Properly:** After the fireworks have burned out, douse them with water before disposing of them in a trash can to prevent fires.

By following these safety tips, you can enjoy a fun and safe summer season.



Information

Murray-Calloway County Fair

The Murray-Calloway County Fair was a big success with many amazing entries. We had a total of 115 entries, with our Best of Show Winner, Homemaker Judi Little and her entry of an exquisite woven scarf. Champions in the Divisions were: Canning, Mason Dodson; Foods, Reba Henson; Quilts, Mason Dodson; Clothing, Connie Talent; Stitchery, Judi Little; Creative Crafts, Eve Adams and Recycled Crafts, Connie Talent. Congratulations to all our competitors.



Events

Accessing Nutritious Food

Have you ever wanted to make crepes, bagels, or tamales? Are you curious about the history of these wonderful foods? Won't you join us for a series of cooking classes where you'll explore the flavors and techniques of different countries and cultures? We have a few openings left for these classes. Kelly Alsip, FCS agent from McCracken county and possibly Mike Keller will be joining in the fun!



KENTUCKY  **COOPERATIVE EXTENSION**

Debbie Hixon, Calloway County FCS Agent
Kelly Alsip, McCracken County FCS Agent and
Mike Keller, Hickman County FCS Agent
Present....

Embark on a culinary journey around the world!

GLOBAL KITCHEN EXPERIENCE

Friday, July 19 10 AM - 1 PM FRANCE French Sweet & Savory Crepes	Friday, August 2 10 AM - 1 PM POLAND Polish Bagels	Friday, August 16 10 AM - 1 PM MEXICO Mexican Tamales
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Join us for a series of cooking classes where you'll explore the flavors and techniques of different countries

Separate registration for each class

COST \$5.00 (Pay at Door) LIMITED SPOTS CLASS FOR ADULTS 18+
CALL (270) 753-1452

Calloway County Cooperative Extension Service
93 Extension Way, Murray, KY

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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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University of Kentucky, Kentucky State University, US Department of Agriculture, and Kentucky Counties Cooperating
Lexington, KY 40506




Individuals accommodated with prior notification.

Events

Embracing Life As You Age

Are you a senior citizen looking for a little challenge? Join us for the WITS Workout class at the Murray Senior Center on July 26th. It's fun, a little competitive, and a great opportunity to socialize with your friends. After the class stay for one of the Senior Center's great lunches.



UK Martin-Gatton
College of Agriculture,
Food and Environment

**WITS
WORKOUT**

An engaging, interactive,
and educational
brain health program

Come and join in the fun at the
Senior Center

Calloway County Cooperative Extension
and
Murray-Calloway Senior Citizens Center
present a free

WITS WORKOUT

May 10, 24 June 14, 28
July 26 August 9, 23

All classes at 10: am



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Disabilities
accommodated
with prior notification.



OFFICE INFORMATION

93 Extension Way
Murray, KY 42071
270-753-1452
8:00am - 4:30pm
calloway.ca.uky.edu

FCS Agent: Debbie Hixon
debra.hixon@uky.edu



Calloway
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Lexington, KY 40506



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