

SPRING 2025

BUTLER COUNTY EXTENSION FCS

NEWSLETTER

SPRING 2025

Easy tips for packing healthy, yummy lunches for happy, energetic kids

Lunch is a nice break from your work and play time for kids. This important meal is also an important time for kids to refuel for the rest of the day. Packing lunches can feel like a chore, but it doesn't have to. In fact, it can be healthy, fun and a learning opportunity all at once.

Here are some tips for packing a delicious, nutritious lunchbox for your kiddos and making it an enjoyable experience:

- Balance is key. Children need a mix of protein, carbohydrates and fats throughout the day. This variety fills their bellies, fuels their minds and bodies, and helps regulate their energy and emotions. This combination is the recipe for a tasty lunch.
- Protein power. Protein is key for helping children feel satisfied throughout the day. To meet their protein needs, consider including a hardboiled egg, beans, roasted turkey or chicken, nut butter, yogurt or cottage cheese.
- Colorful carbohydrates. Fruit and vegetables are colorful ways to add energy and flavor. Whole grains are another great source of energy. These include foods like oats, brown rice, quinoa, popcorn, and whole-grain pasta, bread and crackers. These higher-fiber carbohydrate choices will provide a steady release of energy, keeping your child energized.
- Flavorful fats. Fat is one important part of flavor, and a little goes a long way. Oils, dips and dressings are great flavor boosters for vegetables and whole grains. Nuts, seeds, cheese, yogurt and avocado also have nutritious and delicious fat.
- Pull it all together with a fun theme. Now that you know the parts and pieces of a lunch, how do you put it all together? Having a go-to list of ideas can make it easy to pull together what you have in the kitchen. Tex Mex, snack platters, pizza and breakfast are a few ways to piece together foods. For example, breakfast for lunch could include a hard-boiled egg with peppers, string cheese, grapes and whole-grain crackers. It could also be a whole-grain waffle with nut butter, yogurt, banana and cucumber.
- Pack at your peak. Are mornings hectic for you? Consider packing lunches the night before. Does it work better to do everything at once? Taking extra time on Sundays to pack lunches for the week is a good option. A grab-and-go in the morning saves time for you and starts the morning off more organized.
- Have children take the lead. With some guidance about what kinds of food to include, children can pack their own lunches. Consider laying out all the ingredients and guiding them through putting it together. For older children, you can provide a menu of what is for lunch. They can find and put everything together. To give children even more independence, give them a checklist of healthy options. Provide structure by telling them how many choices to pick from each category. Younger children might need some help, but they will definitely enjoy being part of the process.
- Don't forget the ice. Once you have a delicious and nutritious lunch packed, make sure to include an ice pack. This keeps food safe until it is time to eat.

For other creative ideas for adding nutritious foods to the diet, look for upcoming programs and classes at your local Butler County Extension office.

Source: Courtney Luecking, Extension specialist for nutrition and health

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, 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.



Disabilities
accommodated
with prior notification.

Upcoming Events

KEHA Homemaker Dates to Remember

- March 31 – KEHA Showcase forms due to 1st Vice President (see [State Meeting](#) webpage).
- April 1 – Area lesson schedules for 2025-26 due to KEHA State Advisor.
- April 5 – Postmark deadline for state officer and chair credentials.
- April 7 – Reservation deadline for conference rate at State Meeting hotel.
- April 7 – Postmark deadline for early registration fee for 2025 KEHA State Meeting.
- April 21 – Final postmark deadline for 2025 KEHA State Meeting registration.
- May 6-8 – KEHA State Meeting in Lexington, Ky.
- May 15 – 990N Deadline for 501(c)(3) organizations with fiscal year ending Dec. 31.

Upcoming Extension Programs

April 3, Thursday: MCAFCS Homemaker Area Council Meeting. Warren County Extension Office. 10am

April 18, Friday: Laugh & Learn. Butler County Extension Office. 10am.

April 25, Friday: FCS Friday- Jam & Jelly. Butler County Extension Office. 1pm.

April 28, Monday: Butler County Homemaker Council Meeting. Butler County Extension Office. 4pm.

April 28, Monday: Butler County County Extension Council (CEC) meeting. Butler County Extension office. 6pm.

May 6-8: KEHA State Meeting. Lexington Hyatt Regency.

May 15, Thursday: Butler County Farm Safety Day. May 15th.

May 16, Friday: Laugh & Learn. Butler County Extension Office. 10am.

May 23, Friday: Cooking for 1 or 2. Butler County Extension Office. 1pm.

May 29, Thursday: Living with Alpha-Gal Syndrome Watch Party. Butler County Extension Office. 6pm.

June 4-5: Food Preservation Workshop. Butler County Extension Office. 2 Day. Must preregister. \$25 Registration fee.

June 20, Friday: FCS Friday- Can you say "NO"? Butler County Extension office. 1 pm.

Plate It Up!

Kentucky Proud Recipe



Scrumptious Strawberry Salad

5 cups spinach	Dressing	3 tablespoons
½ large cabbage head, chopped	¾ cup plain non-fat	olive oil
1 cup golden raisins	Greek yogurt or	½ teaspoon
1 cup halved red grapes	plain regular yogurt	Dijon mustard
1 pint sliced strawberries	3 tablespoons	1 teaspoon
½ small red onion, sliced	honey	poppy seeds
½ cup toasted and chopped	6 tablespoons	1 teaspoon salt
pecans (optional)	apple cider vinegar	½ teaspoon pepper

Combine all salad ingredients together in a large bowl. Prepare salad dressing by **mixing** all ingredients together in a jar, **cover**, and **shake** well to combine. **Pour** dressing over salad mixture and **toss** to combine.

Yield: 8, 2-cup servings

Nutritional Analysis:

240 calories, 10g fat, 1g saturated fat, 0mg cholesterol, 340mg sodium, 33g carbohydrate, 4g fiber, 27g sugar, 6g added sugars, 5g protein

Kentucky Strawberries

SEASON: May through June

NUTRITION FACTS:

Strawberries are low in calories and high in nutrients. One cup contains 55 calories. They are a great source of vitamin C and also contain vitamin A, iron, fiber, and folic acid.

SELECTION: Choose fully ripened, bright red berries. Berries should be plump and have a natural shine with bright green, fresh-looking caps.

STORAGE: Store strawberries in the refrigerator, covered, unwashed, with the caps on. Do not crowd, and use within 2 to 3 days. Wash just before serving.

HANDLING: Handle gently. Never remove the caps before washing. To wash, cover berries in cold water and lift gently out of the water to drain. Dry by placing in a single layer on paper towels. After washing, remove the caps. Give the cap a gentle twist or use the point of a sharp paring knife.

STRAWBERRIES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

January 2020

Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand. <http://plateitup.ca.uky.edu>



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, or physical or mental disability. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.uky.edu/fcs



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

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.

BUTLER COUNTY EXTENSION



Cooperative
Extension Service
Family and Consumer Sciences

FCS FRIDAYS SPRING 2025



Register now

25

APR, 2025

JAMS AND JELLY

Let's learn to make some yummy jams and jellies using our automatic jam and jelly maker.

1 PM BUTLER COUNTY EXTENSION OFFICE

23

MAY, 2025

COOKING FOR 1 OR 2

Come learn some tips and tricks for cooking for 1 or 2 people. Hands-on lesson and recipe sampling will be provided.

1 PM BUTLER COUNTY EXTENSION OFFICE

20

JUNE, 2025

CAN YOU SAY "NO"?

Do you have a hard time telling others "no"? Do you end up putting yourself in a bind in order to avoid telling someone you can't do something? Come learn with us as we talk about the importance of saying "no", setting boundaries, and respecting ourselves.

1 PM BUTLER COUNTY EXTENSION OFFICE

FOR MORE INFO CONTACT US AT:
BUTLER COUNTY EXTENSION OFFICE
270-526-3767
MORGANTOWN, KY

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

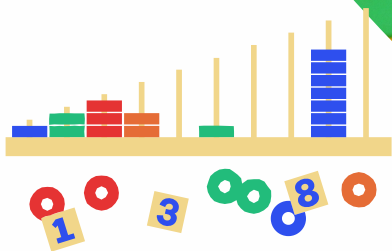


Disabilities
accommodated
with prior notification.

Fun and engaging activities for toddlers aged 2-5 years.

Join us for Laugh & Learn

Come Play,
Learn, and
Grow Together!



Monthly at the Butler County Extension Office
10am-11am

We are offering a FREE one-hour Laugh and Learn Playdate every month for you and your child(ren) to engage in playful activities that are designed to prepare them for kindergarten. Adults and children will hear stories, sing songs, make crafts, play games, and enjoy a healthy snack during every playdate. Be sure to sign up and mark your calendars with the following dates so you and your child(ren) can together build the skills they will need to best prepare them for school.

Location: Butler County Extension office @ 10am

Activities Include:

- Storytime and singing
- Arts and crafts
- Playtime
- Games
- Snacks

Playdates:

- **Friday, November 15**
- **Friday, December 6th**
- **Friday, January 17th**
- **Friday, February 14th**
- **Friday, March 14th**
- **Friday, April 18th**
- **Friday, May 16th**

**Please Register by using
the QR code or calling
the Extension office**



Contact Us:

leah.vanmeter@uky.edu
270-526-3767

102 Parkway Lane, Morgantown, Ky 42261

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.

2025 KEHA ANNUAL STATE MEETING – CONFERENCE AGENDA
HYATT REGENCY, LEXINGTON, KY

****All times are Eastern Time****



MONDAY, MAY 5

3:00 p.m. - 6:00 p.m. Set Up for: Trade Show, Cultural Arts, Silent Auction, Basket Raffle, & Showcase
 5:00 p.m. - 6:00 p.m. Registration

TUESDAY, MAY 6

8:00 a.m. - 10:30 a.m.	Trade Show & KEHA Showcase Set up	<i>Patterson Pre-Function</i>
	Basket Raffle & Silent Auction Check-In	<i>Regency Pre-Function</i>
8:00 a.m. - 5:00 p.m.	Registration &	<i>Lobby</i>
	Voting Delegate Sign-in	<i>Patterson Pre-Function</i>
8:30 a.m. - 11:00 a.m.	Cultural Arts Check-in [Times assigned for each area]	<i>Thoroughbred Ballroom</i>
8:30 a.m. - 11:30 a.m.	Quilt Square Auction – Check-in	<i>Thoroughbred Pre-Function</i>
9:00 a.m. - 5:00 p.m.	Quilts for Courageous Kids Collection Point	<i>Lobby</i>
9:00 a.m. - 3:30 p.m.	Free Health Screenings by Raising Hope	<i>Patterson Pre-Function</i>
9:30 a.m. - 11:30 a.m.	Tech Help Lounge	<i>Henry Clay Boardroom</i>
10:30 a.m. - 5:30 p.m.	Trade Show, KEHA Merchandise, & KEHA Showcase	<i>Patterson Pre-Function</i>
	Basket Raffle & Silent Auction	<i>Regency Pre-Function</i>
11:30 a.m. - 1:30 p.m.	OPENING LUNCHEON	<i>Patterson Ballroom</i>
1:45 p.m. - 3:00 p.m.	Seminars – Session 1	<i>Various</i>
1:45 p.m. - 5:30 p.m.	Quilt Square Auction – Viewing and Bidding	<i>Thoroughbred Pre-Function</i>
3:30 p.m. - 4:45 p.m.	Seminars – Session 2	<i>Various</i>
5:15 p.m. - 6:15 p.m.	Hands-on Creative Classes – Session 1	<i>Various</i>
	DINNER ON YOUR OWN	

WEDNESDAY, MAY 7

8:00 a.m. - 9:45 a.m.	Registration &	<i>Lobby</i>
	Voting Delegate Sign-In	<i>Patterson Pre-Function</i>
	Quilt Square Auction – Viewing and Bidding	<i>Thoroughbred Pre-Function</i>
	Basket Raffle & Silent Auction	<i>Regency Pre-Function</i>
8:00 a.m. - 2:30 p.m.	Cultural Arts Viewing	<i>Thoroughbred Ballroom</i>
8:00 a.m. - 4:00 p.m.	Free Health Screenings by Raising Hope	<i>Patterson Pre-Function</i>
8:00 a.m. - 5:00 p.m.	Trade Show, KEHA Merchandise, & KEHA Showcase	<i>Patterson Pre-Function</i>
8:15 a.m. - 9:30 a.m.	Seminars - Session 3	<i>Various</i>
9:30 a.m. - 12:00 p.m.	Quilts for Courageous Kids Collection Point	<i>Lobby</i>
10:00 a.m. - 11:30 a.m.	BUSINESS MEETING	<i>Patterson Ballroom</i>
11:30 a.m. - 3:00 p.m.	Quilt Square Auction – Viewing and Bidding	<i>Thoroughbred Pre-Function</i>
	Basket Raffle & Silent Auction	<i>Regency Pre-Function</i>
11:30 a.m. - 1:30 p.m.	Tech Help Lounge	<i>Henry Clay Boardroom</i>
11:30 a.m. - 4:00 p.m.	Registration	<i>Lobby</i>
11:45 a.m. - 1:30 p.m.	MFHG LUNCHEON (separate registration)	<i>Kentucky Room</i>
11:30 a.m. - 1:30 p.m.	LUNCH ON YOUR OWN	
1:30 p.m. - 2:45 p.m.	Seminars - Session 4	<i>Various</i>
1:45 p.m. - 3:15 p.m.	MFHG Business Meeting (separate registration)	<i>Kentucky Room</i>
3:15 p.m. - 4:15 p.m.	Hands-On Creative Classes - Session 2	<i>Various</i>
4:00 p.m. - 5:00 p.m.	Quilt Square Auction - Pick-Up and Pay	<i>Thoroughbred Pre-Function</i>
	Silent Auction Pick-Up and Pay	<i>Regency Pre-Function</i>
	KEHA Showcase Display Pick-Up	<i>Patterson Pre-Function</i>
4:00 p.m. - 5:00 p.m.	Cultural Arts Check-Out [Times Assigned for Each Area]	<i>Thoroughbred Ballroom</i>
5:00 p.m. - 6:00 p.m.	GENERAL SESSION with KEHA Choir Performance	<i>Patterson Ballroom</i>
	DINNER ON YOUR OWN	

THURSDAY, MAY 8

7:30 a.m. - 8:30 a.m.	Registration	<i>Lobby</i>
8:00 a.m. - 9:15 a.m.	Officer Training Workshops	<i>Various</i>
9:45 a.m. - 11:00 a.m.	Educational Chairman Training Workshops	<i>Various</i>
11:30 a.m. - 1:30 p.m.	AWARDS LUNCHEON	<i>Patterson Ballroom</i>

2025 KEHA STATE MEETING REGISTRATION FORM
 "Discover KEHA, A Hidden Treasure" • May 6-8, 2025 • Lexington, Kentucky

Page 5

Name _____ Address _____ City _____ State _____ Zip Code _____ County _____ Area _____ Phone (____) _____ Email _____ Emergency Contact _____ Relationship _____ Phone # _____	<p align="center">Special Diet/Food Allergies</p> Check if you have dietary restrictions: <input type="checkbox"/> Nuts <input type="checkbox"/> Shellfish <input type="checkbox"/> Gluten-free <input type="checkbox"/> Dairy-free <input type="checkbox"/> Vegetarian <input type="checkbox"/> Vegan NOTE: We will do our best to accommodate the above dietary restrictions. If you have an additional dietary restriction you may list it below, however be aware that there is no guarantee of accommodation. Other: _____
<input type="checkbox"/> Check if you want an email confirmation.	

Check all that apply:

☐ KEHA MEMBER ☐ STATE BOARD ☐ AGENT ☐ UK SPECIALIST ☐ GUEST
 FIRST TIME ATTENDEE - YES ☐ NO ☐ VOTING DELEGATE - YES ☐ NO ☐

	Early-Bird Rate (By April 7)	Regular Registration (April 8-April 21)**
Full Conference Registration	\$150	\$185
2-Day Conference Registration	\$130	\$150
2-Day Includes Either Tuesday/Wednesday OR Wednesday/Thursday - Please check appropriate boxes below		

MY REGISTRATION INCLUDES:

**Late registrations (April 22 or after) will NOT be accepted.

<input type="checkbox"/> Tuesday 5/6	<input type="checkbox"/> Wednesday 5/7	<input type="checkbox"/> Thursday 5/8
Check-In for Cultural Arts, Quilt Squares, Showcase, Raffle, and Auction Seminars—Session 1 & 2* Hands-On Creative Classes—Session 1* <input type="checkbox"/> Opening Luncheon (price included!) <i>Check if attending lunch.</i> Viewing of Cultural Arts, Showcase Bidding on Quilt Squares, Raffle, Auction Trade Show	Seminars—Session 3 & 4* Hands-On Creative Classes—Session 2* Viewing of Cultural Arts, Showcase Bidding on Quilt Squares, Raffle, Auction Trade Show Business Meeting Master Farm Homemaker Guild Luncheon and Meeting*** <i>(separate registration)</i> General Session with KEHA Choir	Officer Training Workshops Educational Chairman Trainings <input type="checkbox"/> Awards Luncheon (price included!) <i>Check if attending lunch.</i> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> NOTE: Select specific sessions and classes on next page. * = May include extra costs. </div>

FULL OR 2-DAY REGISTRATION	\$ _____
AMOUNT FROM SESSIONS, CRAFTS, SHIRTS LISTED ON PAGE 6	\$ _____
(MAKE CHECKS PAYABLE TO KEHA)	GRAND TOTAL \$ _____

***NOTE: MASTER FARM HOMEMAKER GUILD LUNCHEON IS A SEPARATE REGISTRATION.

CONTACT SUSAN HANSFORD at susanhansford@hotmail.com

<div style="background-color: yellow; border: 1px solid red; padding: 5px; display: inline-block; transform: rotate(-15deg);">NOTICE</div> <p>Mail by April 7 for the discounted registration fee. Any registration with a USPS postmark after April 21 will be returned. This is necessary to allow processing time.</p>	MAIL TO: Patsy Kinman KEHA Treasurer 310 Falmouth St. Williamstown, KY 41097	FOR KEHA TREASURER USE ONLY: Date received: _____ Postmark Date: _____ Check number: _____ Name: _____ Amount Paid: _____ Balance Due: _____ Refund Due: _____
--	---	--

NO REGISTRATION REFUNDS WILL BE ISSUED AFTER APRIL 21 (SEE REFUND POLICY ON PAGE 2)

(Continued on other side...)

Name _____

PLEASE SELECT YOUR 1ST, 2ND, AND 3RD CHOICES WITH A 1, 2, or 3 FOR EACH SESSION AND CRAFT. ONLY PAY FOR YOUR 1ST CHOICE IF THERE IS A FEE.**Tuesday, May 6 - SESSIONS**

- Seminars – Session 1 – 1:45 p.m. - 3:00 p.m. ET**
 ___ Historical Homemaking (Maximum: 80 attendees) **Cost \$12** ☐
 ___ How to Give a Tea Party (Maximum: 60 attendees)
 ___ What's in Your Leadership Toolbox (Maximum: 80 attendees)
 ___ Focusing on All the Dimensions of Wellness after a Cancer Diagnosis (NVON Topic) (Maximum: 63 attendees)
 ___ After Swallowing a Storm: Helping Kids Cope with Disaster Trauma (Maximum: 30 attendees)
 ___ Backyard Bees: Establishing Pollinator Habitat (Maximum: 30 attendees)
 ___ Enduring the Transitions of Life: A Hands-On Motivational Approach to Different Life Stages (Maximum: 25 attendees) **Cost \$12** ☐
 ___ Common Injuries on the Farm/Stop the Bleed (Maximum: 30 attendees)

- Seminars – Session 2 – 3:30 p.m. - 4:45 p.m. ET**
 ___ Digging up Treasure - Buying and Selling Online (Maximum: 80 attendees)
 ___ Homemaker Craft Markets: Research Results (Maximum: 80 attendees)
 ___ Fraud Watch Basics & Scam Prevention - AARP KY (Maximum: 80 attendees)
 ___ Yoga-ta Try This: An Introduction to Yoga Practice (Maximum: 63 attendees)
 ___ Blue Zones: Lessons for Life (Maximum: 30 attendees)
 ___ Understanding Addiction (Maximum: 30 attendees)
 ___ Nourishing Life: Nutrition Strategies for Older Adults (Maximum: 30 Attendees)
 ___ Lipstick and Leadership Style (Maximum: 30 Attendees)

Wednesday, May 7 - SESSIONS

- Seminars – Session 3 – 8:15 a.m. – 9:30 a.m. ET**
 ___ Cooking from the Garden (Maximum: 80 attendees)
 ___ Coordinating Community Resource Fairs (Maximum: 80 attendees)
 ___ Fostering Confidence: Embracing Healthy Perspectives on Food and Self-Image (Maximum: 80 Attendees)
 ___ Impact of Alzheimer's and Dementia on our Community (Maximum: 63 attendees)
 ___ Land Ho! What to Look for When Looking for Computers (Maximum: 30 attendees)
 ___ Sheets Uncovered! (Maximum: 30 attendees)
 ___ Basket Sub-Category Revisions for Cultural Arts (Maximum: 30 attendees)
 ___ Celebrating Cultural Connections - Heritage Foods (Maximum: 30 attendees)

- Seminars – Session 4 – 1:30 p.m. - 2:45 p.m. ET**
 ___ Let's Cook with Herbs! (Maximum: 80 attendees)
 ___ Cooking Wild in Kentucky (Maximum: 50 attendees)
 ___ From Silents to Gen Z - Exploring Today's Generations (Maximum: 50 attendees)
 ___ Personal Journey from War to US Citizen (Maximum: 30 attendees)
 ___ Ovarian Cancer and You (Maximum: 30 attendees)
 ___ Money Habitudes: What's Your Money Style? (Maximum: 30 attendees)
 ___ Enduring the Transitions of Life: A Hands-On Motivational Approach to Different Life Stages (Maximum: 25 attendees) **Cost \$12** ☐
 ___ KEHA Choir Rehearsal (pre-registered choir members only)
 ___ Master Farm Homemakers Guild Meeting

Tuesday, May 6 - CRAFTS

- Hands-On Crafts Session 1 - 5:15 p.m. - 6:15 p.m. ET**
 ___ Shocked Sheep Painting \$10 ☐
 ___ Paper Roses/Oriami Flowers \$1 ☐
 ___ Santa Gnome Wall Hanging \$7 ☐
 ___ Mat Service Project \$5 ☐
 ___ Patriotic Centerpiece \$6.50 ☐
 ___ Gift Card Basket \$15 ☐
 ___ All About Beeswax \$5 ☐
 ___ Faux Stained Glass Picture \$7 ☐

Wednesday, May 7 - CRAFTS

- Hands-On Crafts Session 2 - 3:15 p.m. - 4:15 p.m. ET**
 ___ Shocked Sheep Painting \$10 ☐
 ___ Paper Roses/Oriami Flowers \$1 ☐
 ___ Santa Gnome Wall Hanging \$7 ☐
 ___ Mat Service Project \$5 ☐
 ___ Patriotic Centerpiece \$6.50 ☐
 ___ Oui Jar Basket \$20 ☐
 ___ Growing Herbs and the Many Uses FREE ☐
 ___ Beaded Pens/Paper Beads \$7 ☐

Thursday, May 8 - TRAININGS

Please check the Officer and Chair trainings you plan to attend. NOTE: All who are registered are welcome to attend. Learn what it means to lead!

Officer Trainings - 8:00 a.m.-9:15 a.m.
 ___ President ___ Vice President
 ___ Secretary ___ Treasurer

Educational Chair Trainings - 9:45-11:00 a.m.
 ___ Management & Safety ___ Food, Nutrition & Health
 ___ Leadership Development ___ International
 ___ Cultural Arts & Heritage ___ 4-H Youth Development
 ___ Environment, Housing & Energy
 ___ Family & Individual Development

**STATE MEETING SHIRT \$18 EACH**

Qty: _____ Size: ___ Small ___ Medium
 ___ Large ___ XL ___ 2XL ___ 3XL
TOTAL \$ _____

AMOUNT DUE FROM SESSIONS AND CRAFTS \$ _____**STATE MEETING SHIRT** \$ _____**TOTAL \$** _____**PLEASE TRANSFER THIS AMOUNT TO PAGE 5**

BUTLER COUNTY EXTENSION FCS

NEWSLETTER

Annual Non-Discrimination Notice

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to 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. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to

Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.



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.

Living with Alpha-gal Syndrome

When: Thursday, May 29
Time: 6:00 PM CDT
Where: Butler County Extension Office

Register: Call the office at 270-526-3767 to sign up for this class!

Join us for the watch party and take home great resources!

UK Cooperative Extension Service



FOOD PRESERVATION

JUNE 4 & 5, 2025
10 A.M.-3 P.M. **\$25 PER PERSON**

- Water Bath Canning
- Pressure Canning
- Dehydrating
- Jam & Jelly Basics
- You'll take home: 1-Ball Blue Book, Food Preservation Guide, Samples of each item

CALL 270-526-3767 TO SIGN UP
Sign up is for both days! Lunch provided both days!
Limited to 12 participants!

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





University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Butler County Extension Service
102 Parkway Lane
Morgantown, KY 42261

RETURN SERVICE REQUESTED

Thank you for reading!

Butler County Extension	270-526-3767 butler.ca.uky.edu
Leah VanMeter Cardwell FCS Extension Agent leah.vanmeter@uky.edu	102 Parkway Lane Morgantown, KY 42261

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.