

CALDWELL COUNTY HOMEMAKERS

Summer 2025
Newsletter

 Cooperative
Extension Service



Save the Date!

Homemaker Activities

June 30

Ice Cream Social

July 1

Due Date for Reports

July 1

All Booked Book Talk
@ George Coon

July 9

Sit N Sew

July 10

Homemaker Council
Luncheon

August 21

Pearls of Wisdom
Leadership Day

September 4

Homemaker Banquet



**Caldwell County
Farmers Market**

Saturdays

8:00 am - Noon

Caldwell County Farm Bureau

Ashley Board

Caldwell County Extension Service
1025 US HWY 62 W
Princeton KY 42445

270-365-2787

ashley.board@uky.edu

Save the Date!

Additional FCS Activities

July 11 & August 1

Laugh & Learn

July 22

Smoothie Cube
@ George Coon

July 25

Imagination Library
Playdate @ Fredonia

Life Simplified Podcast

<https://bit.ly/LifeSimplifiedPodcast>



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

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HOMEMAKER UPDATES



June 30: Ice Cream Social, 1:00 - 3:00 pm

Join us for an Ice Cream Social—a delightful gathering filled with sweet treats, lively bingo, and warm fellowship! As we enjoy the fun, we'll also take a moment to fill out reports for the year. It's the perfect blend of productivity and celebration, so stop by, connect with friends, and make great memories. Don't miss out on the good company and great times! Please RSVP by June 27.

July 1: Due Date for Reports

It's the end of the homemaker year. The following items are due to the Extension Office by July 1.

- Homemaker Information Sheet
- End of the Year Program Report
- Volunteer Service Hours Report Form
- Perfect Attendance List
- Reading Award

July 1: All Booked Book Talk, 6:00 pm

The All Booked Book Talk will meet July 1, 2025, at George Coon Public Library at 6:00 pm. The theme this month is a book published the year you were born, a book you will mostly read outside, or your current read. Join with others to discuss all things books. You might even discover your next great read.

July 9: Sit N Sew, 9:00 am - 2:00 pm

The Sit N Sew Sewing Club will meet July 9 from 9:00 am - 2:00 pm at the Caldwell County Extension Office. Participants bring a sewing project to work on, as well as, sewing supplies. Socialize with other sewing enthusiasts. Come and go as you please.

August 21: Pearls of Wisdom Leadership Workshop, 10:00 am - 2:00 pm

Join us for Pearls of Wisdom, a leadership workshop, designed for all members--not just current officers! Through engaging hands-on activities, exciting games, and the chance to win door prizes, we'll explore key topics like leadership, emotional intelligence, and a refreshing look at Robert's Rules of Order. Whether you're looking to sharpen your skills or simply connect with others, this workshop promises an interactive and insightful experience. Don't miss out on the learning, laughter, and leadership growth.

Workshop will be held August 21, 2025, from 10:00 am - 2:00 pm at the Christian County Extension Office. Cost is \$20 and includes lunch. Register and pay at the Caldwell County Extension Office by August 13.

September 4: County Annual Banquet

Mark your calendars for the Caldwell County Annual Homemaker Banquet on September 4, 2025, at 6:00 pm at the Caldwell County Extension Office. Clubs are invited to decorate a table. The Extension Office will be open for decorating throughout the day, except during the Homemaker Council meeting. Each club is asked to contribute a door prize valued between \$15 - \$25.

Tickets are not yet available for purchase, but a flyer with ticket pricing details will be sent out once they become available. Stay tuned for more updates!

ADDITIONAL FCS ACTIVITIES

Laugh & Learn

Laugh & Learn is for children ages 5 and under and is designed to build kindergarten readiness skills through play. Upcoming dates are July 11 and August 1 at 10:00 am at the Caldwell County Extension Office. Please call our office at 270-365-2787 to register. Children must be accompanied by an adult.

Smoothie Cube

Get ready for a fun and interactive family night with our Smoothie Bike at the George Coon Library July 22 at 6:00 pm. Roll the dice to discover which smoothie you'll be making, hop on the smoothie bike, and pedal your way to a delicious treat. This hands-on experience combines excitement, healthy choices, and a unique twist on smoothie-making. Call 270-365-2884 to sign up.

Imagination Library Playdate

Bring the little ones (ages 4 and under) for a fun-filled playdate designed to spark creativity and learning on July 25 from 10:00 am - Noon at Fredonia 1st Baptist Life Center! This come and go event promotes early literacy through storytelling and interactive activities, while also providing hands-on sensory experiences to stimulate exploration and development. It's a great opportunity for children to play, learn, and make new friends.

Life Simplified Podcast

Tune in to Life Simplified, a weekly podcast dedicated to making life a little easier! Each episode dives into essential topics such as mental and physical health, resource management, and parenting--offering practical tips and real-life strategies to help you navigate everyday challenges. Whether you're looking for balance, motivation, or simple ways to improve your well-being, this podcast is your go-to guide for a smoother, more fulfilling life. Listen online at <https://lifesimplifiedpodcast.podbean.com/>

Storing Avocados

You may have heard that storing avocados in water lengthens their shelf life. Several videos on social media claim that avocados will last up to a month if you submerge them in water then store them in the refrigerator. They say that “whole or cut in half – either way, the avocado will stay fresh longer.” However, this is not a safe practice. While it might seem like a good idea to keep the avocado away from air, submerging it in water is not the way to go. It is a recipe for bacterial growth.

The Food and Drug Administration (FDA) advises that storing avocados in water is a dangerous practice. This is because the rough, bumpy skin of avocados contains bacteria. FDA microbiological surveillance sampling for whole fresh avocados found the presence of *Listeria monocytogenes* and *Salmonella* on sampled avocados. There is concern that any bacteria on the surface of the avocado will multiply during storage when submerged in water and penetrate the skin causing bacterial contamination of the flesh below. Never store avocados in water. Always wash avocados under running water and use a brush to scrub the outside skin before slicing.

Avocados are best stored on the counter if they are not ripe. Check them daily for skin color change and softening. As the avocado ripens, it will turn from bright green to dark green. A fully ripe avocado will be purplish blue, and the skin will feel a bit mushy when given a slight squeeze. Store ripe avocados in the refrigerator. Cold temperatures slow ripening, but don't completely stop it.

A sliced avocado will brown quickly. A natural enzyme present in the flesh causes brown spotting when exposed to air. To prevent browning, add some acid. A splash of lemon or lime juice will decrease browning. Wrapping the cut avocado tightly in plastic wrap (to keep air away) will lessen browning too. Either way, you should store it in the refrigerator once cut, just like all cut fruit, to limit bacterial growth. Avocados don't freeze well, but you can do it. Remove the flesh and cut or mash. Use a little lemon or lime juice to prevent browning and remove as much air as possible when packaging. The quality of frozen avocados will be much less than fresh, so use them in smoothies or hummus, where you won't notice a difference in texture.

Reference: <https://health.clevelandclinic.org/how-to-store-avocados-safely>

<https://www.fda.gov/food/sampling-protect-food-supply/microbiological-surveillance-sampling-fy14-16-whole-fresh-avocados>

Source: Annhall Norris, Food Preservation and Food Safety Extension Specialist

Storytelling Enhances Brain Health

Stories light up our brains. As a result, storytelling and listening to stories can enhance brain health. Stories can lead to the release of various brain chemicals associated with arousal, empathy, and attention. Storytelling stimulates different areas of the brain, which promotes cognitive function, enhances learning and memory, and improves problem-solving. Storytelling also connects us to others. While studying brain activity during storytelling, Dr. Uri Hasson of Princeton University discovered that when a person listens to a story, their brain activity becomes “coupled,” or starts to mirror the speaker's brain activity. The stronger the “neuro coupling,” the better the listener understands the story. This important finding demonstrates the way in which stories can shape the mind and connect people on a higher level, which leads to overall positive effects on the brain and body.

References:

Hasson, U. (2016). TED Talk. This is your brain on communication. Retrieved 10/10/24 from

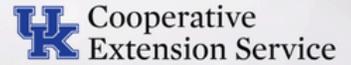
https://www.ted.com/talks/uri_hasson_this_is_your_brain_on_communication/transcript?subtitle=en

Stevens, G. J., Silbert, L. J., & Husson, U. (2010). Speaker-listener neural coupling underlies successful communication. *Biological Sciences*, 107 (32), 14425-14430.

Source: Amy F. Kostelic, Associate Extension Professor, Adult Development and Aging



COME AND COLLECT



Pearls of Wisdom

All Pennyriple Area Homemakers are welcome/encouraged to attend!

- *Leadership
- *Emotional Intelligence
- *Roberts Rules Refresh

10 a.m. to 2 p.m. ~ Aug. 21
Christian County Extension Office

- *Games
- *Hands-On Activities
- *Door Prizes

Call or visit your local Extension Office to pay the registration fee and hold your spot!

Lunch will be provided with registration fee of \$20!



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Disabilities accommodated with prior notification.

All Booked

Book Talk

July 1, 2025
6:00 pm
George Coon Public Library

- Theme is: A book published the year you were born or a book you will mostly read outside
- Discuss other monthly reads
- Discuss all things books
- Discover new books

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SIT N SEW

SEWING CLUB

JULY 9, 2025
9:00 AM - 2:00 PM

- Bring a project to work on.
- Bring your sewing supplies and/or sewing machine.
- Socialize with other sewing enthusiasts

Love it? Become a member for \$15!
Membership includes a one year Caldwell County Homemakers mailbox membership.

Caldwell County Extension Office
1025 US HWY 62 W
Princeton, KY 42445
270-365-2787



A Sweet Celebration

Join us for an ice cream social to close out the homemaker year.

	JUNE	
MONDAY	30	1 - 3 PM

CALDWELL COUNTY EXTENSION OFFICE
1025 US HWY 62 W
Princeton, KY 42445

Please RSVP AT
270-365-2787 BY
JUNE 27.

GAMES *FELLOWSHIP* FUN
(BINGO STARTS AT 1:30.)



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