





# Club News



## Committee Meeting for Wilderness Trail Area Annual Meeting

**Wednesday, March 15, 2023 10 AM**

If you'd like to help with hosting the WTA Annual Meeting in Whitley County, please plan to attend! Located at the Whitley County Extension - Goldbug office.

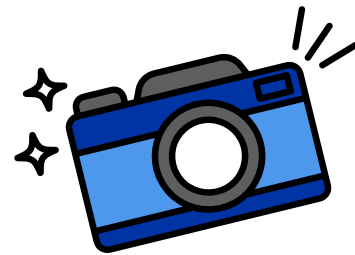
## Dates for Homemaker Advisory Council Meeting

**Thursday, April 27, 2023 1:00 PM**

Located at the Whitley County Extension - Goldbug office.

## Does Your Club Have News or an Event to Share?

If you'd like to share your club news or event in the Whitley County Extension Homemaker newsletter, just let Linda or Reagan know. You can call us at **606-549-1430**, or email us at [linda.burgard@uky.edu](mailto:linda.burgard@uky.edu) or [reagan.weedman@uky.edu](mailto:reagan.weedman@uky.edu)



*Representatives from Whitley County Homemakers met at Laurel County Cooperative Extension for a Homemaker Leader Lesson Training on February 28th, 2023.*



*Linda P. Burgard*

**Linda Burgard  
Whitley County**

**Extension Agent for Family and Consumer Sciences**

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## What's Going On In Extension?

We have lots of great classes coming up, not just in Family and Consumer Sciences, but office wide! These classes include options for all ages and all interest areas. Please call us at 606-549-1430 for more information and we will get you in touch with the program area providing the class.

**March 7** - Cooking Through the Calendar at Corbin Public Library, 11 am

**March 10** - No-Knead Yeast Rolls, 6-8 pm

**March 14** - 4-H Cloverbuds Club for ages 5-8, 5 pm

**March 14** - Fruit Tree Grafting Workshop, 6 pm

**March 16** - 4-H Teen Club, 4 pm

**March 16** - Fruit Tree Grafting Workshop, two sessions offered: 1 or 6 pm

**March 17** - 4-H Clover Mosaic, 4 pm

**March 18** - Let's Go Hiking, 10 am

**March 21** - Cooking for You or Two, two sessions offered: 11 am or 5:30 pm

**March 23** - KSU Shiitake Mushroom Log Workshop, two sessions offered: 1 or 6 pm

**March 24** - No-Knead Bread, 6-8 pm

**March 28** - Raised Garden Bed Class, 6 pm

**April 1** - Introduction to Tatting, two sessions offered: 10 am or 12 pm

**April 1** - Raised Garden Bed Class at WD Bryant Corbin, 10 am

**April 4, 5, & 6** - 4-H Youth Sewing Camp for Ages 9 - 18, 10 am

**April 11** - Cooking Through The Calendar at Corbin Public Library, 11 am

**April 22** - Earth Day Event at River Fog Park, Williamsburg, 2-6 PM

### *Just a Note...*

You may have gotten another newsletter from us recently. No worries, that was our quarterly FCS Community Newsletter. As a paid Homemaker, you'll receive those, as well as monthly Homemaker only newsletters, like this one!

## Blueberry French Toast Bake

<b>¼ cup</b> whole wheat flour	<b>3</b> eggs	<b>1 cup</b> fresh blueberries
<b>¼ cup</b> all-purpose flour	<b>6</b> egg whites	<b>½ cup</b> chopped almonds
<b>1½ cups</b> skim milk	<b>1 loaf</b> (12 ounces) French bread, cut into 1 inch cubes	Honey, if desired
<b>1 tablespoon</b> sugar	<b>3 ounces</b> fat free cream cheese, cut into ½ inch cubes	
<b>½ teaspoon</b> vanilla		
<b>¼ teaspoon</b> salt		

Generously **grease** a 13x9x2-inch baking dish. **Beat** flours, milk, sugar, vanilla, salt, eggs and egg whites in a large mixing bowl with a hand mixer until smooth. **Stir** in bread cubes until they are coated. **Pour** bread mixture into baking dish. **Top** evenly with cream cheese, blueberries and almonds. **Cover** and **refrigerate** for at least 1 hour, but no longer than 24

hours. **Heat** oven to 400 degrees F. **Uncover** and **bake** 20-25 minutes or until golden brown. **Sprinkle** with honey, if desired.

**Yield:** 8, 1 cup servings

**Nutritional Analysis:** 420 calories, 6 g fat, 1 g saturated fat, 70 mg cholesterol, 860 mg sodium, 69 g carbohydrate, 4 g fiber, 9 g sugar.



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





## A Watch and a Warning: What is the Difference?

Springtime in Kentucky is a beautiful time of year with days warming, cool evenings, the trees and flowers starting to bloom, and the bluegrass of the Commonwealth turning green.

Springtime is also a time of year when severe weather can be a real threat. Additionally, with climate change, weather patterns have become even more unpredictable. How can someone prepare for what severe weather in Kentucky can bring?

“When a dangerous weather event is forecast or occurs, the National Weather Service (NWS) may issue different types of alerts in your area. Learn more at <https://www.weather.gov/>. Generally, you can receive three types of emergency alerts: advisory, watch, or warning.

- A *weather advisory* lets you know that a nonlife-threatening hazard is expected nearby.
- A *weather watch*, such as a tornado watch, recommends that you get prepared. A hazard in your area may occur.
- A *weather warning*, such as a thunderstorm warning, informs you a hazard is already occurring or will likely occur soon. These hazards are expected to have serious impacts. During a weather warning, you should act as local authorities and disaster alerts advise to keep yourself and those around you safe.

The Federal Emergency Management Agency (FEMA) notes not every hazard or disaster has each level of alert - some hazards may arise too quickly to provide an advisory or watch. For more information on the emergency alerts you may receive, visit <https://www.ready.gov/alerts>.”

By educating yourself regarding emergency terminology and staying informed about weather conditions, you could save your life and those around you.



# Tips for Tackling Spring Cleaning

Spring cleaning is a long-time ritual. In the past, common winter heat sources caused soot and grime to collect in homes and on home furnishings. After winter subsided, spring was a time to open the windows and remove the dirt and sooty buildup. While many of us have cleaner heat sources for our homes today, spring cleaning is still a ritual many of us practice.

While spring cleaning your house may seem like a monumental task, it does not have to be. Here are some tips and tricks for making spring cleaning more effective and less daunting.

- Develop a plan of attack. Think about where, when and how you are going to clean and what cleaning products you will need. You may want to dedicate an entire weekend to cleaning or you may want to space it out an hour or two at a time over several days. You may want to tackle one room at a time or one project, such as washing all your curtains, at once. There is no wrong answer. It depends on your cleaning style.
- Gather your supplies beforehand. Go through your cabinets to determine the products you already have on hand and those you need to purchase. Common cleaning items you may need include an all-purpose cleaner, abrasive cleanser, non-abrasive cleanser, chlorine bleach, glass cleaner, furniture/dusting cleaner, toilet bowl cleaner, cloths, trash bags and vacuum bags.
- Declutter before cleaning. We all tend to accumulate things and having things on furniture and on the floor can make it harder to clean. If you have unwanted items, now is a good time to sell, recycle or donate them.
- Ask for help if you need it from family members and friends. You do not have to tackle cleaning by yourself.
- Take the cleaning momentum outside. While you may think of spring cleaning as an indoor activity, it is also a really good time to do some outdoor cleaning and home maintenance projects like cleaning windows and door exteriors, checking the chimney for damage, inspecting weather seals on windows and doors, and removing the lint from the dryer vent.

More information on effective cleaning and healthy homes is available at the Whitley County office of the University of Kentucky Cooperative Extension Service.



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# March 2023

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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## DATES TO REMEMBER:

2, 9, 16, 23 - Machine Sewing Basics - 6-8 PM

6, 13, 20, 27 - Machine Sewing Basics - 12-2 PM

7 - Cooking Through The Calendar at Corbin Public Library, 11 AM

10 - Yeast Rolls Workshop, 6-8 PM

21 - Cooking for You or Two, 11 AM or 5:30 PM

24 -No-Knead Bread, 6-8 PM