



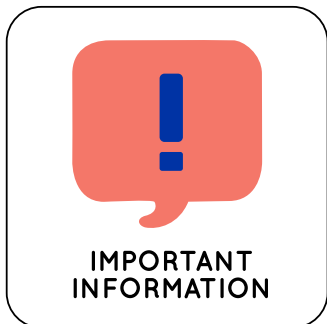
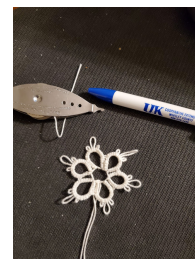
University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
Family and Consumer Sciences

Whitley County
P.O. Box 328
4275 N HWY 25 W
Williamsburg, KY 40769
(606)549-1430
whitley.ca.uky.edu

Whitley County Extension Homemakers Newsletter



Photos from KEHA State Meeting prep, No-Knead Bread Class, and Introduction to Tatting Classes. A huge thank you to all of our Extension Homemakers for your help!



*Mailbox Members and Club Secretaries, please contact Reagan by May 24th with Volunteer Service Hours and/or Membership Awards. Email reagan.weedman@uky.edu or call 606-549-1430.



Club News



The Rockholds Homemakers Club brought donations to their February, March and April meetings for the AA Pregnancy Center in Corbin. They accept baby items, clothing, baby seats, etc and items for kids of all ages.



Members pictured are Donna Rains, Opal Widener, Faye Logan, Faye Capps, Timmi Mills, Shirlee Stenzil, Phyllis Childers, Mary Powers, Rose Wilson, Jan Surber, Viola Powell, June Carter, Lib Bird and Patty Siler.

Does Your Club Have News or an Event to Share?

If you'd like to share your club news or event in the Homemaker newsletter, just let Linda or Reagan know. Call us at 606-549-1430, or email us at linda.burgard@uky.edu or reagan.weedman@uky.edu



A big thanks to Lib Bird and Jan Surber who are attending the KEHA State Meeting this week in Louisville! We look forward to hearing their update at the Whitley County Annual Meeting on June 1st!



Linda P. Burgard

**Linda Burgard
Whitley County**

Extension Agent for Family and Consumer Sciences

4275 N. Hwy 25W, Williamsburg, KY 40769

606-549-1430 Fax: 606-549-9029

linda.burgard@uky.edu



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Whitley County Extension Homemakers

2023 Annual Meeting

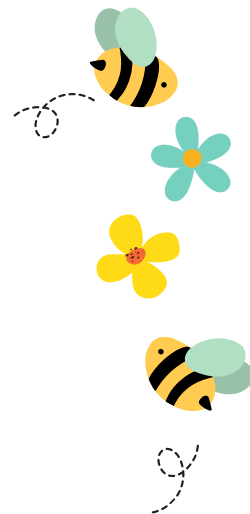
JUNE 1st - 5:30 PM

**Our theme is *Bee Happy!*
Each club will bring one dessert, and
a potted plant for a door prize.**

**Enjoy our honey inspired menu of
baked honey garlic chicken, glazed
carrots, roasted vegetables, and
salad.**

**Ticket price is \$5
Tickets can be purchased at the
Whitley County Extension Office**

**Arrive and Register at 5:30 pm
Program and Dinner begin at 6 pm**



Financial Considerations in Retirement

We often receive financial advice about the importance of retirement planning but less about what to do with our money once retirement arrives. If you are retired or will be soon, here are some tips to make your money go further.

Create a budget. Knowing how much money you have coming and going is a simple but important concept. First, consider all income sources. This includes Social Security benefits, employer-sponsored benefit plans and personal investments for many people.

Next, review your monthly expenses. Expenses include those that are fixed, like a mortgage or car payment, as well flexible expenses like groceries and utilities. You should also consider annual occasional expenses, like birthday gifts or vacations. Costs associated with new or continued hobbies may fit into the occasional expenses category. A key to financial health is understanding and controlling where your money goes.

Compare income to expenses to make sure ends meet. This will let you know if you are on target when creating monthly and annual budgets that work for your retirement income. You may find, especially if there are rising inflation rates, that your retirement income will not last as many years as you originally intended. This could require you to reduce your spending in some areas or get a post-retirement job to generate additional income.

If you have a spouse, go through the budgeting process together and communicate regularly about your retirement goals and ways to meet them.

Being retired does not mean that you should quit investing. Continuing to invest during retirement could help protect you against inflation the rising cost of everyday living expenses like clothing and food—and ensure your money lasts as long as you think it will. Many different investment options are available to retirees, and like before retirement, what you invest in will depend on how comfortable you are with risk. Often the investments that carry the most risk are the ones with the most potential to have a higher rate of return. Talk with your financial advisor about your options and risk tolerance.

Extension offices often offer financial education programs for people of all ages. To find one near you, contact the Whitley County Extension Office.

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.

May 18 - Farmer's Market Opening Day (Williamsburg location), 5-7 pm

May 23 - Cooking for You or Two: Simple Stir Fry at Goldbug, 11 am or 6 pm

May 27 - Container Gardening at WD Bryant Corbin, 10 am

May 30 - Container Gardening at Goldbug, 6 pm

May 31 - Beginning Wood Carving at Community Art Center, 1 pm
(multi-class program, with a fee. Please call for more information)

June 1 - Extension Homemaker Annual Meeting at Goldbug, 5:30 pm

June 3 - 4-H Community Yard Sale at Goldbug, 8 am

June 6 - Cooking Through the Calendar at Corbin Public Library, 11 am

June 10 - Bread and Jam at Goldbug, 1 - 5 pm

June 13-16 - 4-H Camp at Camp Feltner, London, KY

June 17 - Jams and Jellies at WD Bryant Corbin, 10 am

June 24 - Dehydrating Foods at WD Bryant Corbin, 10 am

Call
606-549-1430
or stop by the
office for more
information!

PAY AND REGISTER ONLINE AT ukywhitley.pacecommunity.net

Lean Green Lettuce Tacos

8 large lettuce leaves	¾ pound extra lean ground beef	1 tablespoon finely chopped cilantro
1½ cup cooked brown rice	1 small zucchini, chopped	1 teaspoon lime juice
¾ cup fresh corn kernels	1 ounce packet low-sodium taco seasoning	1 tomato, chopped
1 cup canned black beans, drained and rinsed	4 ounces low sodium tomato sauce	1 small red onion, chopped
1 tablespoon olive oil		

Wash and **dry** lettuce leaves.

Prepare rice according package directions. **Cut** corn off cob. **Drain** and **rinse** black beans. In a skillet, **heat** the oil to medium; **add** ground beef and begin to **cook**. When beef begins to brown, **add** zucchini, corn and black beans to skillet. Continue to **cook** until vegetables are tender and beef is done. Do not overcook. **Add** in taco seasoning and tomato sauce and heat through. **Add** cilantro and lime

juice to the cooked rice. **Place**

equal amounts of rice mixture and taco mixture into lettuce leaves.

Top each taco with chopped tomato and onion.

Yield: 8 servings

Nutritional Analysis: 180 calories, 4.5 g fat, 1 g saturated fat, 20 mg cholesterol, 350 mg sodium, 23 g carbohydrate, 4 g fiber, 5 g sugars, 12 g protein.



Plate it up!





Whitley County
 P.O. Box 328
 4275 N Hwy 25W
 Williamsburg, KY 40769

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May 2023

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	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			

June 2023

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	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	

DATES TO REMEMBER:

- 18th - Williamsburg Farmers Market Opening
- 23rd - Cooking for You or Two: Simple Stir Fry
- 24th - Last day to get Volunteer Service Hours & Membership Awards Info to Reagan.
- 29th - Offices closed for Memorial Day Holiday

- 1st - Whitley Co. Extension Homemaker Annual Meeting
- 6th - Cooking Through The Calendar at Corbin Public Library
- 10th - Bread & Jam
- 13, 14, 15, 16th - 4-H Camp in London
- 17th - Jams and Jellies at WD Bryant Corbin
- 19th - Offices closed for Juneteenth Holiday
- 24th - Dehydrating Foods at WD Bryant Corbin