

Washington County Homemaker Newsletter

DECEMBER 2023 & JANUARY 2024

 Cooperative
Extension Service



The Kentucky Extension Homemakers Association is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education.

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Contact Us:

Washington County
Extension Office
245 Corporate Drive
Springfield, KY 40069
(859) 336-7741
washington.ca.uky.edu



Throwback Thursday Holiday Lunch

December 14 at noon
Washington County Extension Office
245 Corporate Drive, Springfield

*Current & past Homemaker members are
welcome to bring a dish & enjoy fellowship
during the holiday season!*

Call the Extension Office at 859-336-7741 to RSVP. If there are a low number of RSVP's, the lunch may be canceled.



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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Disabilities
accommodated
with prior notification.

Note from the President

Happy Holidays!

As this calendar year draws to an end, I want to thank all WC Heritage Homemakers for their support and participation. We hope that we can maintain a working homemakers group into 2024.

Let's look forward to our December gathering, January lesson in Marion County, and International Meeting and lesson on Foods from Around the World held on February 1.

Sue Clements



Healthy Choices for Every Body

Laura Milburn, Nutrition Education Program Assistant, will offer a class series in the new year! Classes will be 11-12:30 at the Washington County Extension Office.

- **January 22** - Healthy Cooking for Every Body - focus on making quick breads
- **January 29** - Food Safety for Every Body - focus on cooking proteins
- **February 5** - Healthy Affordable Meals for Every Body - focus on cooking whole grains: rice and pasta
- **February 12** - Shifting to Healthier Choices for Every Body - focus on preparing salads & salad dressings
- **February 19** - Fruits & Veggies for Every Body - focus on cooking vegetables various ways
- **February 29** - Reading Food Labels for Every Body - focus on preparing soups
- **March 4** - Better Beverage Choices for Every Body - focus on drinks that are full of nutrients

Must have 10 participants registered for classes to take place. Call the Extension Office at 859-336-7741 to register. Contact Laura Milburn with any questions.

DECEMBER

Thought of the Month:

"Small cheer and great welcome make a merry feast"

-William Shakespeare

Roll Call:

December is the holiday season. What is your favorite holiday tradition?



JANUARY

Thought of the Month:

"The journey of a thousand miles begins with a single step."

-Lao Tzu

Roll Call:

January rings in the new year. Share one goal you have for your new year's journey.

Book of the Month

.....
from the 2023-2024
Homemaker Book List

Lessons in Chemistry by Bonnie Garmus (2022)

Set in the early 1960's. Once a female chemist in the male dominated Hastings Research Institute, Elizabeth Zott is now faced with the challenge of being a single mother and the host of the cooking show *Supper at Six*. Although reluctant at first, Elizabeth finds herself an American sensation, providing her with a stage where her voice can be heard. Using her newfound influence, she begins challenging the status quo by empowering women and not only showing them how to cook, but also their worth.

JANUARY 2024

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			

Continuing in 2024...

Cooking through the Calendar

Laura Milburn, SNAP-Ed Program Assistant, will hold monthly recipe demonstrations and tastings during 2024. Everyone is welcome to come! Past recipe demonstrations will remain available to watch at facebook.com/WashingtonCountyNutritionEducation.

Stay tuned for 2024 date announcements & check in with the Extension Office for a calendar in the new year!

Do you need new meal ideas?

Join the Free Recipe Club

Sign up to receive 5 free seasonal Kentucky Proud recipe cards each month. Call the Extension Office at (859) 336-7741.

KEHA State News & Notes

Welcome

Welcome to new board member Sandra Lusk! Sandra is the Purchase Area President. Congratulations to all areas for hosting successful and informative Area Annual Meetings, as well as to the state board for a productive Fall Board Meeting in Lexington.

Renew Your Membership

Fall is membership drive time for KEHA. The current membership campaign says the “Keys to Membership” are the three R’s: Recruit - get a plus one; Retain - value members and engage; and Repeat - continue to grow. Each time a county gets three new members (above the previous year total), the county will be entered into a drawing. More information about the campaign and possible prizes is available on the membership campaign webpage.

Gift Membership

Did you know you could give the gift of KEHA membership? A gift certificate card template is available on the website for those who want to cover the dues of a new recruit. Be sure to share how the potential new member could benefit from being a KEHA member - and also let them know why KEHA is important to you!

Dues Collection

Counties are encouraged to have a dues deadline no later than Dec. 1. Dues payment and the remittance form should be mailed to the area and state treasurers by Dec. 15. They are delinquent if not received by Dec. 31. Counties that are delinquent will not be permitted to have voting delegates and rights to vote at the 2023 state business meeting.

Forms

Make sure you are using the most current KEHA forms from the Manual and Appendix. Older forms may have incorrect names, emails, and addresses. For up-to-date forms and Manual information, visit the website.

KEHA Merchandise

The KEHA website and merchandise order form has been updated to reflect items currently in inventory. New items include a two-handed potholder, a sewing kit, a toothpick holder, a whisk, and a collapsible bowl. These are in addition to the grocery bag, car coasters, regular coaster, mugs, cup, and more. View photos, access the order form, and find contact information for Julie Hook, KEHA 2nd Vice President, online under Marketing and Recruiting, Marketing Items.

Nominate a Candidate for KEHA State Board

Be on the lookout for possible state nominees! Encourage candidates to consider applying. The following KEHA state officer and chair positions will be open for election in spring of 2024: President-Elect, Second Vice President, Cultural Arts and Heritage Chair, Family and Individual Development Chair, and International Chair. These positions will be elected for 3 year terms from July 1, 2024 to June 30, 2027. The exception is president-elect, which serves a one-year term from July 2024 to June 2025, then transitions to president for 3 years. Additional details regarding elections will be shared in January 2024.

Dues Collection

Next year’s State Meeting will be May 7-9, 2024 at Sloan Convention Center and Holiday Inn University Plaza in Bowling Green. The theme is “Blazing the Way with KEHA.” Fort Harrod will serve as the host area.

Dates to Remember

- Dec. 15 – County dues due to the KEHA State Treasurer and Area Treasurer
- Dec. 31 - deadline for dues; fundraising-based recognitions; and membership recognition reports
- Jan. 15 - deadline for county membership database updates and KEHA newsletter information due to KEHA 2nd Vice President

Dates to Remember

December 1 - Holiday Assistance donations are due at the Extension Office

December 13 - Holiday Wreath Workshop
Stop by between 9am-4pm
Call the Extension Office to register

December 14 - Throwback Thursday Holiday Lunch for all Current and Past Members - noon at the Washington County Extension Office

December 14 and January 11 -
Monthly Food Distribution at
Idle Hour Park - 8:30am

December 15 - County dues due to State KEHA Treasurer & Area Treasurer

December 31 - County Membership Recognition Reports due to Area President or Vice President; Cutoff date for funds submission for fundraising recognitions for Ovarian Cancer Program, Coins for Change, etc.

January 3 - Lesson: Organizing Tips for Increased Productivity - 10:30am at the Marion County Extension Office

February 1 - WC Homemaker International Lunch & lesson on Healthy Eating Around the World 11am at the Washington County Extension Office

February 6 - Lincoln Trail Area Homemaker Council Meeting - more details to come

Homemaker Dues

It is time to pay your Homemaker dues. Please submit your dues at the Extension Office. Dues are \$12.00 (\$1 to ovarian cancer donation, \$5 to state and \$6 to our county funds). Mailbox membership is \$7. Thank you!

Blessing Box Donations

Please bring an item for the blessing boxes to Homemaker meetings. Thank you!

Lesson - Save the Date

No lesson in December. Enjoy the holidays!

Organizing Tips for Increased Productivity
January 3 - 10:30am

Marion County Extension Office

Please attend the lesson at the Marion County office to help support the Marion County Homemakers! They are currently without an FCS Agent and we want to be good neighbors.

Healthy Eating Around the World

February 1 - 11am

Washington County Extension Office

This will also be our International Lunch and this lesson will serve as our speaker. Please bring a potluck item for lunch.

Extension Office Holiday Closure Schedule

The Washington County Extension Office will be closed from December 25, 2023 to January 2, 2024. We hope that everyone enjoys the holidays!

Thank you!

Thanks to everyone who volunteered at Truth & Consequences, donated to the Holiday Assistance program, and attended the Fall Health Series with Springfield Physical Therapy. Special thanks to Springfield Physical Therapy for offering the free class series!



Lincoln Trail Area Extension Homemakers

MAKE &

Mingle



holiday craft opportunities
at PG Studio Arts in Brandenburg, KY!

STEP ONE:

CHOOSE YOUR PREFERRED PROJECT OR DATE



OPTION ONE:

DECEMBER 5 FROM 10-12 ET

PAINT YOUR OWN CERAMIC

PRICE RANGE: \$10 - 70+ DEPENDING
ON ITEM YOU CHOOSE TO PAINT.

DOZENS OF HOLIDAY AND NON-HOLIDAY
OPTIONS TO PICK FROM!



OPTION TWO:

DECEMBER 12 FROM 10:30-12 ET

FUSED GLASS SUNCATCHER

PRICE: \$42 PER PERSON - INCLUDES ONE
SNOWMAN, TREE, AND LIGHTS WITH OPTIONS
TO ADD MORE!



STEP TWO:

REGISTER THROUGH THE HARDIN COUNTY OFFICE
BY CALLING 270-765-4121

**This is now open to family & friends. Transportation will
be on your own & payment is due at the site. Thanks!**

2020 Census Quilt

KEHA has produced a booklet about the 2020 Census Quilt that provides details on each quilt square. Using information and images from the booklet, we will feature a couple of quilt squares each month to learn more about our Kentucky counties.



Nicholas County

Creators: Picture by Sandy Hamilton; quilt square finished by Glenna Napier

Pattern: Applique/Inkjet Printed

Description: Forest Retreat in Nicholas County was built in 1814 by Kentucky's 10th governor, Thomas Metcalfe. Forest Retreat is known as one of the most well-preserved historical homes displaying classic federal architecture and is listed on the National Register of Historic Places. The home is now a bed and breakfast and event venue.



Ohio County

Creator: Hughtetta Dale

Pattern: Ohio Star

Description: Named for the Ohio River, which once formed its northern boundary, Ohio County was created in 1798 from what has been part of Hardin County. River traffic on the Ohio, Green and Rough Rivers promoted the county's early growth. The village of Rosine, east of the county seat Hartford, is the birthplace of Bill Monroe, the father of Bluegrass music. The pattern honors the country's name.

Winter Word Search

SNOWMAN
 ICICLE
 COAT
 FROST
 COCOA
 SNOWFLAKE
 BLANKET
 SHIVER
 MITTEN
 BLIZZARD



puzzle-maker.com

R R Y N B T V P P N T N
 S N O W F L A K E N J Q
 K V K L J G I J K R N B
 N A M W O N S Z E P Y D
 E V T V M C T V Z B T D
 N L N V O M I X L A L R
 E L C C F H T A O X R T
 T Q O I S R N C J D M D
 T A Y K C K O T J M P K
 I K N R E I Z S M W Q Y
 M L R T M D Z B T Z B J

Cabbage Jambalaya

Cabbage is low in fat and calories and is rich in vitamin A. To store cabbage, cover loosely and store in the refrigerator for up to 2 weeks. Wash just before using.

Source: Plate It Up KY Proud, UK Cooperative Extension



Cabbage Jambalaya

1 pound lean ground beef	1 (13 ounces) package turkey smoked sausage, sliced	1 (14.5 ounces) can diced tomatoes
1 ½ cups chopped celery	1 medium head cabbage, chopped (about 10 cups)	2 cups water
1 ½ cups chopped onion	2 cloves garlic, minced	1 cup brown rice
		1 teaspoon garlic powder
		1 tablespoon Cajun seasoning

Heat a large stockpot over medium high. **Add** ground beef, and **cook** until it starts to brown, about 6 minutes. **Add** the celery, and **cook** for 2 minutes. **Add** onion and garlic, and **cook** 4 minutes while stirring. **Add** smoked sausage, and **cook** an additional 2 to 3 minutes. **Stir in** cabbage, and **cook** until it wilts, about 3 minutes. **Add** tomatoes, water, rice, garlic powder, and Cajun seasoning.

Bring to a **boil**, and **reduce** heat to medium. **Cover**, and **simmer** for 40 minutes. Serve hot.

Yield: 10, 1-cup servings

Nutritional Analysis:
 250 calories, 8 g fat, 3 g saturated fat, 60 mg cholesterol, 400 mg sodium, 26 g carbohydrate, 4 g fiber, 6 g sugars, 0 g added sugars, 18 g protein

Add Physical Activity at Home

Do stretches or exercises while watching television. Try to walk during commercials.

Source: planeatmove.com/get-moving/adding-activity-in-daily-life/