

Homemakers F&CS



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

Cooperative Extension Service
Owen County
265 Ellis Highway
Owenton, KY 40359
(502) 484-5703
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FAMILY & CONSUMER SCIENCES - EXTENSION HOMEMAKER NEWSLETTER JANUARY 2023

Dear Owen County Extension Homemakers,

It is now 2023! How did we get to a new year so fast? I guess it is true when they say time flies when you're having fun, because I can honestly say I have been having a blast this past year. It has been very busy, but we have had many good things going on and I look forward to doing many new, fun things this year with you.

With January finally here, we think of a new Homemaker calendar year. I am happy to report to you that we have had an increase of 10 members since last year. I just want to say thank you to each and every member for being involved and helping our membership grow. I hope we can continue to grow and learn together. We do have a couple programs coming up this spring including gardening with Dr. Dirt (Gallatin ANR Agent) and Ceramics with Cara (Firing Squad Ceramics). Details are still being worked out and more information to come on dates and times so be on the lookout for those coming in March! If you have ideas or would like to teach something you are passionate about, please reach out. We would love to have the opportunity to learn from each other as we have many very talented people right here in Owen County!

Reminder to all members that our next Council Meeting is **Tuesday, January 10th at 5:30 pm.** Dinner will be provided so please contact the Extension Office if you plan to attend at (502) 484-5703. We are also in need of members to take a step forward into leadership for our organization. If you are interested or have questions, please reach out and I would be happy to help answer any questions you might have! I hope you all have a wonderful January and look forward to seeing you in this NEW YEAR!

Chelsea Young
Owen Co.

Chelsea R. Young



Extension Agent For Family & Consumer Sciences

2023 Food & Nutrition Calendars

The 2023 Food & Nutrition Calendars are now available at the Extension Office. New Year, new recipes! Stop by and pick yours up today or let us know and we will mail one to you!



Be sure to snap a few pictures of your club members and activities to send for the Newsletter!

Email your pictures to Chelsea at

chelsea.young@uky.edu



Snow Policy

Some of the Owen County Extension activities are **not** automatically cancelled if Owen County schools are closed due to bad weather. Many times roads may be questionable in the morning, but clear by afternoon/evening. Call the office at (502) 484-5703 to see if the meeting/activity will be held or if it will be rescheduled.

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LEXINGTON, KY 40546



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Deep Thoughts with Denise

Happy New Year! I hope all had a wonderful holiday season. A new year brings a lot of reflection on the year past. Are there changes we would like to make in this new year? I am not talking about resolutions most of those never get resolved. I am talking about those things like changing the way you get together with family or friends, having more self-care time, finding more joy in your life, or find a way to volunteer your talents. As we get older, we begin to see things in a different light making these reflections even more meaningful. I pray that your new year is filled with joy and prosperity.

I want to take this time to thank Janice Dunavent, Kathy Spaulding, Chelsea, Shannon, Stephanie, and David Gabbard for helping with the set-up of Santa's Castle. I also would like to thank Janice, Kathy, Ginny Miller, Amy Williams, Judy Williams, Dede Grisham, Chelsea, David, Kristy Jury and her 4-H kids, and OCHS National honor society. We also had some before the day help from Becky Mefford's girls' group who helped cut fabric for pillows and decorate gift bags. Thanks to those ladies who came to the pillow sew day and to Home and Heart members for giving the aging Santa's Castle a refresh. As I was working the door at Santa's Castles, I had many parents, grandparents and guardians thank us for making this possible for the children in our community. Also, thank you to Santa and Mrs. Claus for spending their morning with us.

Now with all the thanks given, we must have a serious discussion about the future of Santa's Castle. While it is a wonderful community service event and is our major fundraiser for our scholarship, we cannot continue this large undertaking with only two or three homemakers setting up and only a few more helping on Saturday. This is a homemaker event and while we are grateful for all the outside help we get but when it comes to the bottom line it is members of the homemakers should be helping with this event. This will be a discussion that we will be having over the next few months before starting to collect for next year.

Our Homemaker organization has evolved in the last few years. We have lost many members and our activities have changed. We have new groups, old groups, a lot more mailbox members, and officer positions open. We have a lot of activities planned for this new year and hope to see our members take advantage of our classes, club meetings, and special events. I also would like for you to consider helping when needed. I understand everyone's life is busy but if you can spare an hour here or there that will go far. Thank you for all that you all do in our community, club, and families.

Denise Perkins

Homemaker Book List



Taste: My Life through Food by: Stanley Tucci. Italian American actor, director, and author Stanley Tucci discusses the intersection of food and life while sharing numerous stories and recipes beloved by his family and friends. Wryly humorous and pasta-heavy, *Taste* highlights the joys of sharing food with family.

The Enlightenment of Bees by: Rachel Linden. After a break-up with her longtime boyfriend, Mia West impulsively joins a friend on a humanitarian trip. As she makes true connections with the people she is serving, she learns more about herself.

Miss Eliza's English Kitchen: a Novel of Victorian Cookery and Friendship by: Anna Abbs. Based on the true story of the first modern cookery writer, this is a spellbinding novel about female friendship, the struggle for independence, and the pleasures and solace of food.

About Time: A History of Civilization in Twelve Clocks by: David Rooney. A history of time itself. Or rather, how humans have kept time through the eons. By searching for the deeper context behind clocks; we learn lessons about social order, the impacts of industrialization on our lives, and what it even actually means to "keep time".



4-H Sewing



Orientation is Monday, January 23rd (6:00 pm) for 4-H Sewing members.

If you are able and willing to help, please reach out to Chelsea Young or Julie Donahue.

4-H Sewing members will meet weekly on Mondays and Tuesdays from January 23rd—February 28th at 6:00 pm.

What is R.S.V.P.?

NKCAC's Retired & Senior Volunteer Program (RSVP) connects people 55 and older with volunteer opportunities in their community. Volunteers may serve in a variety of settings including senior centers, food pantries, schools, community events, and more. RSVP pairs volunteers with assignments based on their individual interests and skills. Volunteers are eligible to receive a **small mileage reimbursement, insurance benefits, recognition, and a meal voucher.**

Interested in learning how you can support your community as an RSVP Volunteer? Contact Skylar Carter, RSVP Volunteer Coordinator at (859) 972-7052.



**AmeriCorps
Seniors**



Homemaker Happenings



Santa's Castle

A BIG thanks to Janice Dunavent and Kathy Spaulding who helped come and set up for Santa's Castle and also to all who helped on Saturday for Santa's Castle including Janice Dunavent, Kathy Spaulding, Amy Williams, Judy Williams, Ginny Miller, Dede Grisham, Denise Perkins, and Kristy Jury. Also, thank to the many youth that took the time to be there and help kids shop and wrap gifts! We are also grateful to have been able to have not only Santa visit, but to also have Mrs. Claus as well this year! The total raised was \$856 with 167 kids that came through to visit with the Claus' and shop!



White Christmas



We had a great time traveling to Derby Dinner Playhouse to see White Christmas! All had a great time! Thanks to all who attended! We look forward to more trips together in the future!

Memory Makers

January Meeting

January 13th-15th, 2023

Location: Perry Park

MUST call Dawn Davis to sign up at (502) 682-2725

2023 KEHA State Meeting
 May 9-11, 2023
 Crowne Plaza
 Louisville, KY
<https://keha.ca.uky.edu/content/state-meeting-information>



We are planning an exciting state meeting with all the features you know and love! Because of rising prices, we have had to change the pricing structure. We are keeping prices as low as we can to make sure you get the most bang for your buck! Below is a sneak peek at the new pricing structure and all the features it will include. Look for full details and registration information coming this February in your state newsletter!

	Early-Bird Rate (By 4/10/22)	Late Registration (By 4/24/22)
Full Conference Registration	\$140	\$175
2-Day Conference Registration	\$120	\$140

Full Conference Registration Includes:

- Everything!
- Two meals – Tuesday opening luncheon banquet (New!) and Thursday awards luncheon
- All three days of conference activities*
- Opportunities to register for learning seminars covering a wide variety of interesting topics
- Opportunities to register for hands-on creative classes
- Cultural Arts viewing
- Quilt square viewing and auction
- Trade show vendors and KEHA merchandise store
- Basket raffle and silent auction
- Homemaker showcase
- Business meeting
- Wednesday night choir performance
- Thursday officer trainings and educational chairman workshops – all are welcome to attend. Learn what it means to lead!

2-Day Conference Registration Includes:

- Tuesday/Wednesday registration OR Wednesday/Thursday registration
- One meal (either opening luncheon banquet (New!) or closing awards lunch
- 2 days of conference activities*
- Opportunities to register for learning sessions and hands-on creative classes as available on the days you select

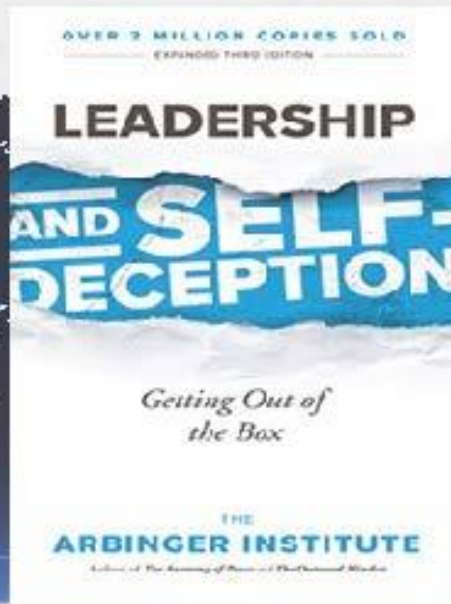
* NOTE: All sessions and classes require advanced registration and are subject to availability. Registration is first-come, first-served with payment. Hands-On Creative Classes and paid sessions *may* include an additional charge.

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To file a complaint of discrimination, contact Tim West, UK College of Agriculture, 859-257-3879; Dr. Sonja Feist-Price or Terry Allen, UK Office of Institutional Equity and Equal Opportunity, 859-257-8927; or the USDA, Director Office of Civil Rights, Room 326-W Whitten Bldg., 14th & Independence Ave. SW, Washington, DC 20250-9410 (866) 632-9992.



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JOIN US

as we take four weeks to discuss not only the book "Leadership and Self-Deception - Getting out of the Box" but also leadership principles you can apply to your organization and your personal life.

- All Sessions will be virtual
- Dates: January 5, 12, 19 and 26 of 2023
- Time: 7 PM - 8 PM
- Books will be provided to all who register

Note - this will be your January, February, March and April Homemaker leader lesson series.



MUST CALL THE PENDLETON COUNTY EXTENSION OFFICE AT 859-654-3395 BY *DECEMBER 23RD* TO REGISTER.



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Cajun & Creole Cooking Class

Mardi Gras is coming! Learn about these two cooking styles and watch some demonstrations!

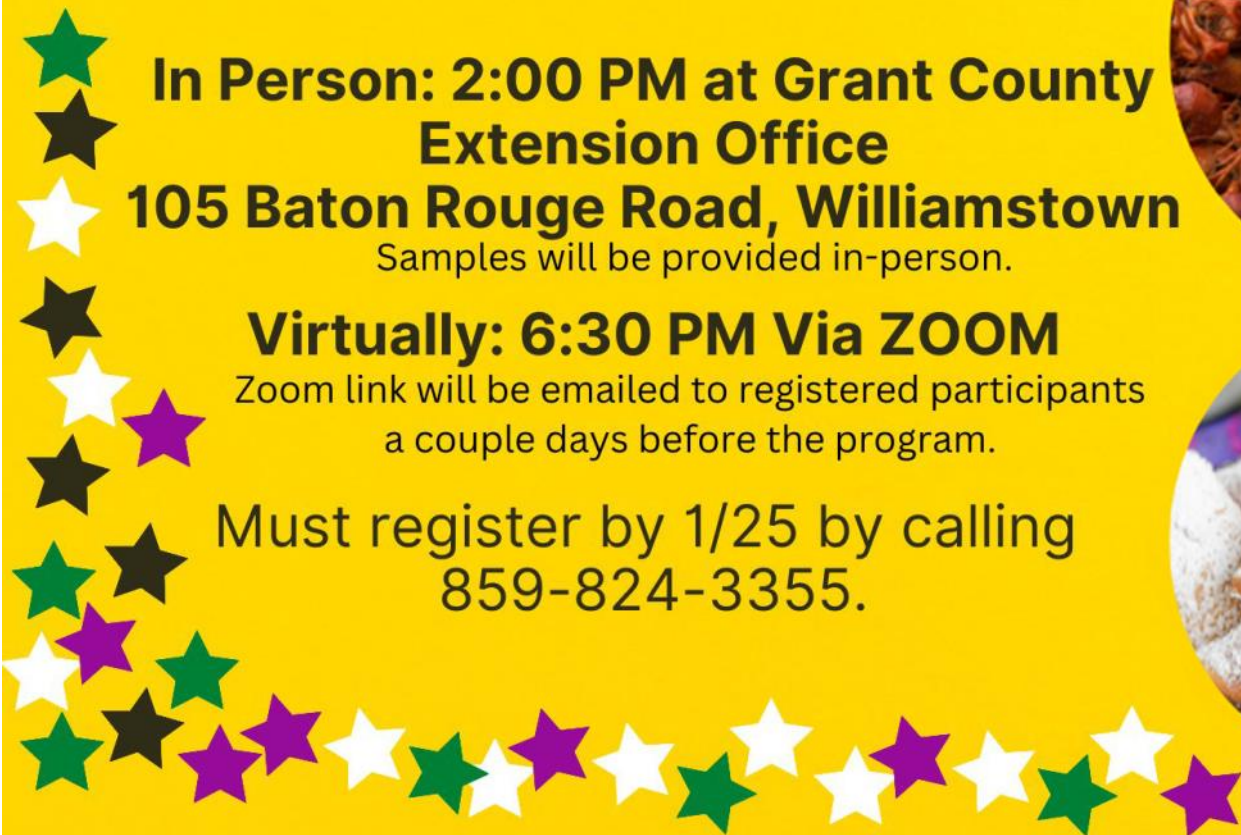


January 31, 2023

In Person: 2:00 PM at Grant County Extension Office
105 Baton Rouge Road, Williamstown
Samples will be provided in-person.

Virtually: 6:30 PM Via ZOOM
Zoom link will be emailed to registered participants a couple days before the program.

Must register by 1/25 by calling
859-824-3355.



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WINTER PRESCHOOL DAY

AGES 3-5

FRIDAY
FEBRUARY 10TH
10AM-NOON



 **PLAYDOUGH**

 **WINTERY
SENSORY
BIN**

 **BRACELET**

 **STORYTIME
& CRAFT**

 **SNOWMAN
MASK**

 **Q-TIP
PAINTING**

**OWEN COUNTY
EXTENSION
265 ELLIS ROAD**

**ADULT
MUST
ATTEND**

**NO
COST**

**SPACE IS
LIMITED**

**MUST
REGISTER
BY
FEBRUARY
3RD**

**CALL
502-484-5703**

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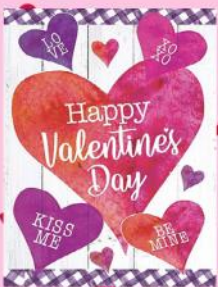
THURSDAY, FEBRUARY 2

5:00 PM

OWEN COUNTY EXTENSION OFFICE

CRAFTING FOR SELF CARE SERIES 1:

B



D



DIAMOND ART

SPACE IS
LIMITED

NO COST

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CRAFTING FOR SELF CARE SERIES 2:



STRING ART



DO IT YOURSELF
String Art Kit

**SPACE IS
LIMITED**

TUESDAY, MARCH 7
5:00 PM
OWEN COUNTY
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NO COST



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CRAFTING FOR SELF CARE SERIES 3: CANDLEMAKING

with Liz Evans

SPACE
IS LIMITED

Wednesday, April 26

5:00 PM

Owen County
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Country Ham and Broccoli Grits

1 tablespoon olive oil	2 cloves minced garlic	6 ounces country ham, cut into ½ inch pieces
1 pound fresh broccoli florets	4 cups 1% milk	1 large egg, beaten
½ cup minced onion	1 cup uncooked quick grits	Salt and pepper to taste
¾ teaspoon crushed red pepper flakes	1 cup 2%, shredded cheddar cheese	

- 1. Preheat oven** to 375°F. **Coat** 13x9x2 inch baking dish with cooking spray. **Heat** olive oil in a frying pan. **Sauté** broccoli, onion, garlic and red pepper flakes until vegetables are tender. About 5 minutes. **Set aside.**
- 2. Heat** milk to a boil in a large saucepan. Slowly, **whisk** in grits. **Reduce heat** and stir continuously until thickened. **Reserve** 2 tablespoons of the cheese.
- 3. Remove** from heat, stir in

ham, broccoli mixture, cheese, egg, salt and pepper. **Mix** until well blended. **Pour** into prepared baking dish.

4. Sprinkle with reserved cheese. **Bake**, uncovered for 30 minutes, or until top is set and lightly puffed.

Yield: 16, ½ cup servings.

Nutritional Analysis: 120 calories, 3.5 g fat, 1 g saturated fat, 25 mg cholesterol, 370 mg sodium, 13 g carbohydrate, 1 g fiber, 4 g sugar, 9 g protein.

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

